



CHICAGO BEARS

HALAS HALL AT CONWAY PARK
1000 FOOTBALL DRIVE
LAKE FOREST, IL 60045-4829

TO

1. GENERAL INFORMATION

In addition, repeated violations of the above-listed discipline categories may result in escalation of the discipline provided that the formula for escalation is uniform in its application on all players for the same offense. For example, a player may be fined \$1,953 for material failure to follow club rehabilitation directions. This fine may be doubled and then tripled for repeated violations, and continued violations thereafter may result in suspension for conduct detrimental.

Clubs must promptly notify a player of any discipline; notice of any Club fine in the \$5,000 maximum category and of any "conduct detrimental" fine or suspension must also be sent to the NFLPA.

Please see the separate League Discipline Schedule included in the 1998 League Policies for Players booklet. As stated in Article XI, Section 5 of the 1993 Collective Bargaining Agreement, the Commissioner's disciplinary action will preclude or supersede disciplinary action by any club for the same act, or conduct. Thus, for example, a Commissioner imposed fine for throwing a football into the stands will supersede and substantially exceed the club fine of \$391.

MEALS

Players will attend all meals provided by the Club at training camp and at the team's hotels at the scheduled times. Players will not bring friends or relatives to meals provided by the Club. Players are encouraged to eat only the food provided by the Club on away game trips and not to rely on Room Service meals which could compromise the player's health and well being prior to a game. Meals provided by the Club for players are considered the same as team meetings for fine purposes.

PUBLIC CRITICIZING

During the terms of their contracts, both in and out of football season, players will not make public comments criticizing teammates, Club coaches, or Club management, or the Club's operation or policies; nor will players criticize players, coaches, or management of other NFL teams, officials, or the Commissioner.

RETURN TRAVEL

Players must return with the Club from away games. There will be no exceptions without permission from the Head Coach.

SPONSORSHIPS, ENDORSEMENTS & PUBLIC APPEARANCES

During the term of their contracts, players will not write or sponsor magazine or newspaper articles, or appear on or participate in any radio or television program without the consent of the Club. Players will not endorse alcoholic beverages, tobacco products, or gambling services.

Players will not schedule public appearances during the regular season within three days prior to a game. For example, no public appearances will be scheduled after Wednesday for a Sunday game.

1. VISITORS IN ROOM

There will be no visitors (male or female) to players' rooms at any time, either at pre-season training camp or at a hotel where the team is staying.

2. CRIMINAL ACTS

Players will not commit criminal acts during the term of their contracts with the Club, whether during the season or off-season. Stealing of any kind (from teammates, the Club or any party) is prohibited, including the unauthorized taking of Club equipment.

GOLF CART USAGE CHICAGO BEARS SUMMER TRAINING CAMP 1998

- 1.) Golf carts may be driven between the Stadium, Dobson Hall, Cafeteria and meetings halls only.
- 2.) Carts must be driven on designated streets and in single file.
- 3.) All traffic signs and policies must be obeyed.
- 4.) Golf carts may not be operated in any other area of the University or Community. Carts may not be operated on sidewalks and/or malls.
- 5.) Golf carts may not be used for transportation to the fields from the Stadium.
- 6.) When using the golf carts to go to meetings, the carts must be parked in the Brigham Hall parking lot or on the grass area to the side of Ottensman Hall. No parking is allowed on the pavilion in front of Ottensman Hall.
- 7.) Any tampering with golf cart clutches, motors or fuel systems that increase the speed of the cart will result in the loss of cart privileges, no refund of fee and possible team fine.
- 8.) Overloading of carts or any action contributing to unsafe driving is prohibited.
- 9.) The rental fee is \$225 for the 4 week duration. You will be required to place a \$250 damage deposit. Damage deposits will be returned at the conclusion of training camp. **Any damage to a golf cart (body, frame, engine, tires etc.) whether you were driving or not, is your responsibility. Lost, stolen or damaged golf carts need to be reported to Brian McCaskey or Clyde Emrich immediately.**

CHICAGO BEARS STRENGTH TRAINING 1998

TRAINING CAMP

The objective of our strength training program during the 1998 training camp is to maintain and in some instances, continue the development of power, strength, and flexibility.

Our objective will be met thru 14 workouts for the linemen, linebackers and tight ends, and 12 workouts for the wide receivers, defensive backs, running backs, quarterbacks, and kickers. The workouts will be split as follows: Chest, shoulders and arms one workout and upper and lower back, legs and neck the other. Consideration to leg workouts will be based on the amount of running taken place during practice.

The linemen, linebackers and tight ends will have 8 upper body days and 6 leg and back days. The skill positions will have 7 upper body days and 5 leg and back days.

IN-SEASON STRENGTH TRAINING

The objective of our in-season program is to maintain and develop a high quality of power, strength and flexibility. We also want to develop as much durability as we possibly can so that everyone can play the entire 16 game schedule.

The lifting schedule will have 2 required lifting days. Monday is one of the required days when everyone must lift. The other day can come from Wednesday, Thursday or Friday.

We want to encourage all players to lift more than the 2 required days. If you do choose a 3 or 4 day program, your program will be split into different muscle groups. If you do choose only the 2 required days, those workouts will include all muscle groups each of those days.

Players will be fined for missing workouts or not completing workouts.

RULES FOR THE WEIGHT ROOM:

1. No cleats or grass shoes allowed.
2. Put weights and dumbbells on racks.
3. Don't spit on floor.
4. File card after workout.
5. Use spotters on all heavy lifts.
6. Weigh-ins on Thursdays must be done 30 minutes after practice has ended.
7. Once you choose a 3-day workout for the week, you must stick to a 3-day workout or be subject to a fine.

**Training Camp
Chicago Bears
Equipment Department
Policies and Procedures**

1. Players are responsible for the equipment issued to them. The equipment issued to the players is the property of the Chicago Bears Football Club.
2. Players are not allowed to cut any issued equipment. If there is a need for cutting of any equipment it must be done by the equipment staff.
3. Players are responsible for placing, not throwing, all dirty laundry in its proper collection hampers.
4. Players should get all equipment needs before meetings or after practice.
5. Players should request all game needs (shoes, gloves, etc.) the day of packing their travel bags.
6. The equipment department will assist any player with shoe contracts if the request is given to Tony Medlin in sufficient time.
7. The league will strictly enforce the NFL's uniform and regulation guidelines in 1998. Players should be aware of the fact that the NFL fines for equipment violations that go uncorrected. The fines double on repeat offenses.
8. Players should always respect the property and equipment of their teammates.
9. The ballboys are here to assist the coaches and equipment staff. Ballboys are not to be used as player's personal errand runners outside of their prescribed duties by the equipment staff. They are not authorized to issue any equipment unless instructed to do so by the equipment staff.
10. The Chicago Bears equipment staff is committed to providing the best possible means of protection to the players. All cooperation from the players to the department is appreciated.

CHICAGO BEARS ATHLETIC TRAINING ROOM RULES AND REGULATIONS

1. Please keep the area clean and sanitary. The athletic training room is a medical facility. **Shower** and wear shorts before using whirlpools.
2. Report all injuries/illnesses to the athletic trainers or doctors immediately, even if you feel they are minor.
3. Injured players who cannot practice must report on time for all scheduled treatments. A missed scheduled treatment will result in a fine. You must attend all scheduled practices and meetings unless instructed otherwise by the head coach. **At practice you are to be in uniform with your group unless instructed otherwise by the head coach.**
4. The day following a game, you are responsible for reporting to the athletic training room if you have sustained an injury. This is **VERY IMPORTANT**. If you fail to report injuries, you will be expected to be at practice.
5. You must report on time for all scheduled appointments with doctors. This also includes x-rays, MRI's, etc. A player who misses a scheduled appointment is subject to fine.
6. **Take time and read the NFL's current Substance Abuse Policies. They are in your playbook. If you have any questions please bring them to our attention.**
7. **IMPORTANT** - Taping schedules will be posted at summer camp and during the regular season. **PLEASE** follow these schedules. Anyone who injures their ankle(s) and is not taped is subject to fine. Anyone who does not get taped at their assigned time is subject to fine.
8. **RANDOM STEROID TESTING** - This could be done by the League on any day during the pre-season and regular season. A list will be posted by the athletic training room. It is your responsibility to check the list and comply with the program. To update yourself, read the NFL Steroid Policy in your playbook.
9. **SUMMER CAMP** - You are responsible for weighing in and weighing out after each practice. Regular season – schedule will be set by head coach. During camp anyone who does not weigh in and out at each practice is subject to fine.
10. **IMPORTANT** - We want to prevent dehydration/heat illness in summer training camp – drink plenty of fluid during your practice sessions.
11. There is to be no eating or drinking in the athletic training room during summer camp. Regular season – per head athletic trainer's instructions.

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II. DEFENSIVE PHILOSOPHY

CHICAGO BEARS DEFENSIVE PHILOSOPHY

Principles of the Chicago Defense

1. Swarm - This is the first and foremost principle of our defense. Great swarm prevents scores. In the final analysis, the effectiveness of a defensive team is measured by the number of points scored against it. This is also the best way to "intimidate" an offense.
2. "Out Physical" the Opponent - Every Sunday, our opponents must fear the idea of playing against a tough, physical defense. There is a direct correlation between this and our swarming ability. This also pertains to being a great tackling team. We must tackle in an aggressive, wrapping fashion. Missed tackles will not be tolerated. Missed tackles are the disease that can completely cripple a defense.
3. Assignment Execution - Each man must know his individual assignment responsibility on every defense and execute, to the best of his ability, each play. Any gambling or hunch defense by an individual can only lead to a breakdown of our team effort and cause a long run or pass.
4. No Long Runs or Passes - Through team effort, we will keep all gains to a minimum and prevent the long run or pass for a score, or force an offensive error or turnover.
5. Confidence - When we break the huddle, we are confident in what we are doing. Confidence is contagious. We have a confident, fearless attitude about playing this game. We will be a great defense.

WHAT MAKES A SUCCESSFUL TEAM DEFENSE

1. Each individual must believe in our defense. Each individual must have confidence in himself - "I, personally, will not let the ball over the goal line!"
2. On every offensive play or pass, eleven defensive men have an assignment to carry out. If one man fails, all eleven fail.
3. Pursuit and gang tackling are the two most important parts of our team defense.
 - A. It is difficult for the ball carrier to get loose when 5 or 6 players are trying to get a piece of him.
 - B. Demoralize the ball carrier.
4. Aggressiveness must be developed and maintained. Anyone can play; defense is reaction, movement and hitting.
5. We must **STOP** the **THIRD DOWN** play.
6. Force opponents to kick Field Goals in Red Zone.
7. Overall team speed, quickness and lateral movement must receive top priority.
8. Each defense has its strengths and weaknesses - **KNOW THEM!**
9. When a **SUDDEN CHANGE** or situation occurs, we must mentally arise to the occasion.

THE KEYS

1. **MAKE THINGS HAPPEN. FORCE TURNOVERS!**
2. **TAKE CHARGE OF THE SUDDEN CHANGE.**
3. **STOP THE BIG PLAY AGAINST US.**
4. **MAKE THE GAME BREAKER.**
5. **PROPER KICK-OFF COVERAGE.**
6. **STAND TALL, DIGNIFIED AND DEFIANT.**

WHAT KIND OF DEFENSE WILL WE HAVE?

In order to have a great defense, you know we must have great pursuit and gang tackling. What will we need to do in practice in order to have great pursuit and gang tackling?

1. We must be in top condition physically and mentally. This will mean a lot of running and film viewing.
 - A. We will run a lot of sprints - for endurance and speed.
 - B. Every time you run a sprint, you are either running for a better or a poorer team.
2. We must swarm the ball and be sharp in practice.
 - A. Everyone is required to break the huddle sharp.
 - B. You play the way you practice.
3. We must practice tackling, particularly open field, every day.
4. We must play the ball on pass defense.
5. We must have great pride and confidence in each other and in our **Bears Defense.**

SUDDEN CHANGE SITUATIONS

Sudden Change is the real test of a great defensive team. The score is 7-7 in the fourth quarter, and we have just stopped our opponents on our own 28 yard line. We have just sat down on the bench; we feel good and relieved. We have just stopped them after a long drive. We can sure use the rest. As our offensive team starts to drive the ball out from the 28 yard line, a fumble on the first play occurs and our opponent has the ball on our 24 yard line! This is a sudden change situation.

What are the feelings of the two teams at this time?

Your Opponents:

1. What a great break.
2. We have them on the ropes now.
3. Their defense will be tired.
4. Let's hit them quickly.
5. Our defense did a great job getting the ball.

Our Thoughts:

1. What a lousy break.
2. They have us in a big hole.
3. I am tired; I don't know whether I can hold out again.
4. Boy, I hope someone comes up with a big play.
5. Our offense sure put us in a hole. How could they do it?

I think you see why it takes a great defense to overcome a sudden change situation. Our opponents will be mentally up, and unless we prepare ourselves, we will not.

WHAT YOU MUST DO!

1. Always huddle up before you go back into the game.
2. Gain control of your thoughts and get yourself ready to play defense again.
3. Realize that you must get yourself and your team up mentally.
4. Go all out to make the big play yourself.
5. Now is the test of our defense. Accept the challenge.
6. When we stop them now, we will have an even greater psychological advantage.

GENERAL THOUGHTS

ings we should know and be consistently aware of:

Defensive Call - Never leave the huddle without knowing the call. Listen and concentrate on the call. Do not let your mind wander.

Call Knowledge - Know what you do in pass and run. Know what your priority is. Know your alignment and any adjustments that could come about.

Strength and Weakness of our Defense - Know, pertaining to your position, the strengths and weaknesses of what you must do and what can happen to you.

Know Situations

- A. Down and Distance - You should always know the down and distance. Every defense called will be predicted by down and distance to go. Opponents call their offense by down and distance, too. Know what to expect on each down and distance situation according to field position.
- B. Field Position - You should know what the opponent will do backed up on his own goal line. Will he gamble? At what position on the field will he run his regular offense; what position will he use trick plays, and gamble on the 4th down, etc. Know when we are in Red Zone Defense.
- C. Know the Quarter and Time Remaining - Many a game has been lost because a team misjudged the time left to play in each half and what an opponent does during this time. In games where two teams are equal, the time employed intelligently by a team often determines the winner. Our defensive play can determine whether or not the offense can control the time.

Tendencies

- A. Formations - What is the opponent's tendency by formation? Does he run to or away from his formation? Every formation has a favorite play from it, and you should know this play or plays. We will stop this favorite play by formation and force him to run something which will not win for him.

General Thoughts (Cont'd.)

6. Opponent's Offense

- A. Huddle - Know where their people line up in their huddle (to determine strength quickly). You should always be aware of a no-huddle play when the opponent is behind and time is running out.
- B. Alignment - Know if they run from pre-shift formation. Know if they like to go on a quick or long count, and in what situation do they do this. Know if they take unusually large line splits.

7. Special Situations

- A. Know who the opponent calls on in the clutch.
- B. Know how the change of quarterback affects the game.
- C. Be aware of a play being run at our new substitute after an injury to one of our own men.
- D. Watch for the home-run play after we have lost the ball on a sudden change.
- E. Every time the opponent puts in a substitute, be sure to recognize his number and position. This could constitute a change in our defense.
- F. Be aware of our substitution and who is in the game for us.



III. Principles

of Contact

Principles of Contact

1. Come to Balance

- A. Adjust Stride (relative to tackling situations)
- B. Sink Hips
- C. Back Flat
- D. Head Up

2. Enter Contact

- A. Same Foot - Same Shoulder
- B. Knee is Front of Ankle

3. Rhythm of Contact

- A. Roll off Front Foot
- B. Lift and Run Through Contact
- C. Wrap on Tackle, Shed on Block



IV. DEFENSIVE TERMINOLOGY

TERMINOLOGY

GENERAL DEFENSE:

Adjust	Refers to adjustments made by safeties in man-for-man coverage to one man backfield sets.
Alley	Area of responsibility outside the C Gap.
Backer	Linebacker force.
B.C.	Ball carrier.
Blitz	6 to 8 man pressure with man coverage, no help.
Bounce	Ball carrier cutting outside to force.
Box	Defensive end or outside linebacker force by blocking scheme or call.
Buzz	Drop by Linebacker to the flat keying or doubling #1.
C.P.	Coaching point.
Cloud	Corner force with 2 Deep coverage.
Cushion	Distance between defensive man and receiver down field.
Cutback	Ball carrier cutting inside force man.
Dead Area	15-20 yards deep behind corners in Cover 2.
Fill	Term used to describe a defensive player closing a hole or inside-out on ball carrier.
Fire	Pass thrown off of full flow run fake strong, to a TE passins strength.
Flex	Tight end open alignment more than 3 yards.
Flood	Pass thrown off of full flow weak to the open end side.
Flow	Direction of backs' movement.
Force	Person responsible for containment of end run.

GENERAL DEFENSE (cont'd)

Games	Defensive line pass rush charges and lane responsibilities.
Gap	Area of responsibility between offensive linemen. Example: A, B, C, D, Alley.
Kick	Corner force with 3 Deep coverage.
Key	Offensive movements which enable a defensive man to carry out his assignment more effectively.
L.O.S.	Line of scrimmage.
Match	Under coverage describes combining zone drops and one side, and progression drops on the other.
Oskie	Interception alert.
Over	The term Over tells corners to line up on the WR in zone coverage.
P.O.A.	Point of attack.
Penetrate	Crossing the line of scrimmage.
Personnel Groups	Standard - 2 WR's, 1 TE, 2 Backs Opal - 3 WR's, 2 Backs 2 TE's (2Y) - 1 WR, 2 TE's, 2 Backs 3 TE's (3Y) - 3 TE's, 2 Backs Deuce - 2 WR's, 2 TE's, 1 Back Diamond - 3 WR's, 1 TE, 1 Back Jade - 4 WR's, 1 Back Trio - 3 TE's, 1 Back, 1 WR Ruby - 5 WRs, No Backs Gold - 2 TE's, 3 WR's, 0 Backs
Pocket	Area between outside leg of both offensive tackles, from the LOS to 9 yards deep.
Preset	Term used to describe offensive linemen in a 2-point stance.
Progression	Under reads by LBer and DB on numbered receivers.
Pursuit	After execution of defensive assignment, all eleven (11) players swarming the football at proper angles.

GENERAL DEFENSE (cont'd)

Read	Using backfield sets to determine strength of coverage.
Green Dog	Technique of blitzing defender responsible for any back release crossing your face.
Sky	Safety force.
Spy	Technique used by defensive linemen on slow rush checking backfield action for screen or back flair release.
Strong Side	Side of formation which designates strength. Run strength is to tight end; pass strength is to 2 receivers.
Stunts	Combination movements with defensive line and linebackers.
Weak Side	Side of formation away from strength, run or pass.
Wheel Route	When receiver or back runs shoot and up.
X Man	Extra linebacker in 30 Package.

COVERAGES:

Banjo	Inside-outside coverage on two (2) receivers.
Bump It	Term used by coverage people on motion to switch receivers.
Clue	Technique by defensive back keying #2 for zone technique.
Cover Down	Term to alert linebacker or defensive back to line up on receiver in his area.
Double Coverage	Two defenders inside-out or short and long on one receiver.
Funnel	Forcing a receiver to release inside or outside by call.
Gone Call	Term used by linebacker or Nickel back when leaving normal alignment.

COVERAGES (cont'd)

Hug	Aggressive Man coverage technique by linebackers or Nickel backs on blocking backs or tight end.
Jam	Technique used by defensive back or linebacker to re-route receiver.
Middle	3 defenders on 2 receivers using outside man-to-man technique.
Nickel	Substitution of an LBer, Sam, Mike or Will by a defensive back in our 40 package.
Press	The alignment and tight technique used in coverage.
Quarter	2 DBs substituted for 2 LBers in 40 Package.
Robber	Zone technique turning into man-to-man on pattern recognition.
Secondary Support (Run-Pass)	Person responsible for pass first and support of force man if receiver blocks.
Sink	2 Deep or 4 Deep on WR routes.
Tackle Box	Area in backfield directly behind offensive tackle.
3 Match	3 Deep with progression strong, zone drop weak.
Trail	Underneath man-to-man technique with 2 Deep safety help.
Trio	Man coverage call used to alert that there are 3 receivers in Stack position.

RAL OFFENSE:

- eg Play action pass with quarterback going opposite full flow.
- < Term used to alert linebackers or safeties to a block coming from outside-in.
- e Back movement away from passing strength.
- Roll Roll out movement by quarterback off of drop back pass.
Fullback.
-) Flanker.
Running back.
A receiver running quick route (in or out) upon blitz recognition.
- on Back movement to passing strength.
- TE shift.
2 Tight Ends set to same side.
- et Change of strength movement by flanker.
- <) Split end.
- () Tight end.
Tight end off ball.
Second tight end.
- gle Play action pass with split flow of backs and quarterback roll.
- m Inside trap by back or tight end.
Tight end motion.

TERMINOLOGY FOR DEFENSIVE LINE AND LINEBACKERS

I. FRONTS:

90	Eagle adjustment to the TE side.
40	Base alignment with 1 technique on the weak side, moving to a 2 technique.
90 Solid	Base alignment with strong side end and Sam exchanging gaps and alignments.
90 Whip	Base alignment with Will on the LOS.
40-7	Base Alignment with 7 Technique adjustment by strong side end.
90 Wide	Defensive alignment where LBers and strong end make a strong side adjustment.
77G	Eagle reduced with strong tackle in 2 Technique and Sam stacked.
70 Sneak	Eagle reduced adjustment with both tackles aligned in "A" gaps.
Joker	8-man front.

II. STUNTS, GAMES & GENERAL:

Go	Term used to alert defensive line to automatic pass rush. (Automatic box support.)
Games	Term used to designate an exchange of rush lanes for defensive line.
Lock	Term used to ensure no change in front or rush call.
Spill	Term used to describe technique by defender taking on a block through the offensive man's inside shoulder.
Squeeze	Heavy leverage at POA with proper gap control.

STUNTS, GAMES & GENERAL (cont'd)

Dive	Stunt by Will LBer coming in "A" gap weak.
Crash	Aggressive outside stunt by Will LBer using Spill technique.
Fullback	Aggressive inside stunt through the "C" gap by the end on the tight end side; can be called as an adjustment to two tight ends.
Gap	Aggressive inside charge through the "B" gap by the weak side end.
Shoot	Stunt by designated LBer (Mike, Sam, Will).
Hard	Aggressive outside stunt by the Will LBer. Could be from normal or Whip alignment.
Spy	Defensive lineman on a slow rush, checking backfield action. First responsibility is contain, M/M on back your side. Check screens, draws.
Cha-Cha	Pass rush game involving both tackles (to strong side); 3 technique goes first.
TT	Pass rush game involving both tackles (to weak side); 1 technique goes first.
Twist	Pass rush game between end and tackle (tackle first).
Change	Pass rush game between end and tackle (end first).
Tango	Pass rush games between weak side end and both tackles.
Pinch	Alert word to make strong tackle power rush keying inside for trap, quarterback scramble, draws.
Razor	Stunt that involves strong end slanting into B gap.
Echo	Pass rush game between strong side end and both tackles.
Tops	Pass rush game between both tackles and where gaps are reversed.
**Note:	C.P.: Linebackers must be aware of gap responsibilities changing with pass rush games.

FRONT TERMINOLOGY:

Fast Flow	Movement by both backs outside tight end area on snap of ball.
Middle Flow	Movement by both backs inside tight end area on snap of ball.
Split Flow	Movement by one back inside tackles; the other back outside the tackles.
Slide	Term used to shift front and linebackers on tight end move.
Stem	Movement by defensive line before snap from one front to another to confuse blocking schemes.

III. BLITZ:

Storm	Blitz that brings the Sam and Will linebacker. Sam goes strong "C" gap. Will goes weak "B" gap.
Tampa Storm	Blitz that brings Sam, Mike and Will linebackers. Sam goes strong side "B" Gap. Will goes Weak "B" gap, Mike hugs #3. Ends Green Dog.
Buffalo	Blitz that brings the Mike and Will linebackers. The Will goes to the weak side "A" gap. The Mike goes to weak side "B" gap. Weak tackle goes to strong "A" gap.
Dolphin	Blitz that sends the Mike and Sam linebackers. Mike goes to the O/S side "B" gap. Sam goes to I/S "B" gap. Strong tackle goes to Strong "A" gap. Run from 77G front.
Lightning	Blitz that sends the Mike linebacker and Strong Safety. Mike linebacker goes to "B" gap. Strong Safety goes to "A" gap. Strong tackle goes to Weak "A" gap. Run from 77G front.
Thunder	Blitz that sends Mike and Strong Safety. Mike goes to strong side "B" gap. Strong Safety blitz outside strong.

IV. GOAL LINE:

- Directions Movement by defensive line in a determined direction as called by the Mike linebacker.
- Out Both tackles take outside charge through "B" gaps.
- Double Shoot Both inside LBers fire "A" gaps.
- Guts All Fire Everyone moves to inside gap - must stop call.

V. COVERAGES:

- 1 Mike Middle M/M coverage with free safety.
- 1 Middle Nickel coverage, M/M with free safety.
- Sink 2 deep, 5 under zone coverage.
- 2 Man 2 deep, 5 under man-to-man coverage.
- Switch 2 Half coverage weak side; quarter coverage strong side.
- 2 Switch Half coverage strong side; quarter coverage weak side.
- Double Switch Quarter coverage both sides.
- Dbl. Switch Man Quarter coverage, man under
- Match 3 deep, 4 underneath zone coverage weak.
- 3 Exchange 3 deep, 4 underneath zone coverage with Sam and strong safety exchanging responsibility.
- 3 Kick 3 deep, 4 underneath zone coverage with Kick technique by corner, either strong or weak.
- 6 2 deep, 5 under zone coverage versus Slot set.
- 6 Man 2 deep, 5 under man coverage versus Slot set.
- Blitz (Press) Man-to-man coverage with no help.
- 3 Double Kick 30 package coverage with 3 deep, 5 under zone coverage.
- 3 Man 30 package coverage with 3 deep, 5 under man coverage.
- Victory 30 Package coverage, 3 deep, 4 under zone with super safety deep.

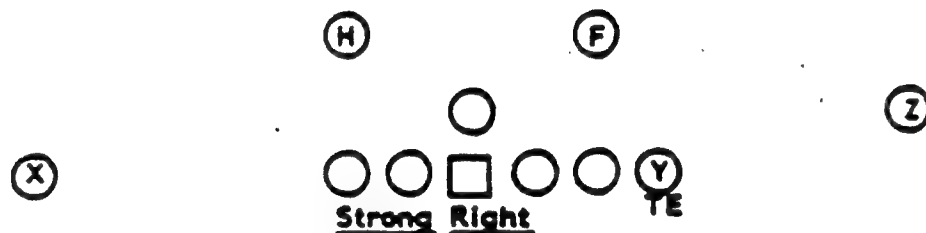


V . OFFENSIVE TERMINOLOGY

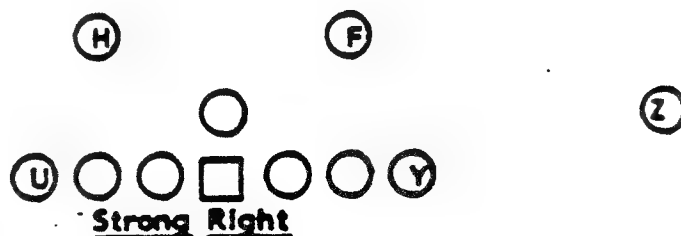
Formation and Strength Identification

FORMATION AND RUN STRENGTH IDENTIFICATION

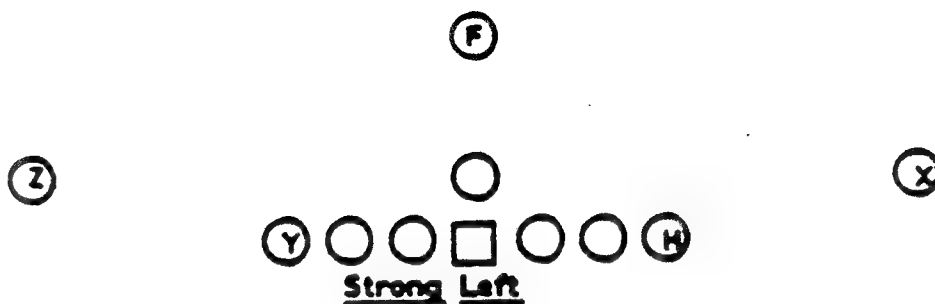
The run strength will be called by Mike LB'er to the TE side of formation.
Example:



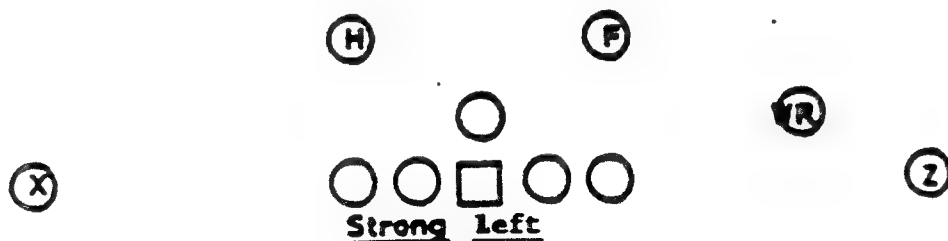
If 2 TE's are in the game, make call to TE-FL side - unless game plan dictates.
Example:



If balanced set with 2 TE's, make call left, unless game plan dictates.
Example:

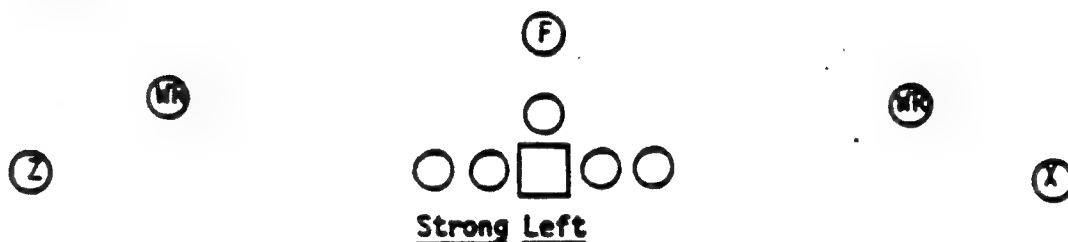


If no TE in game, make call to 1 receiver.
Example:



If no TE and balanced set, make call left.

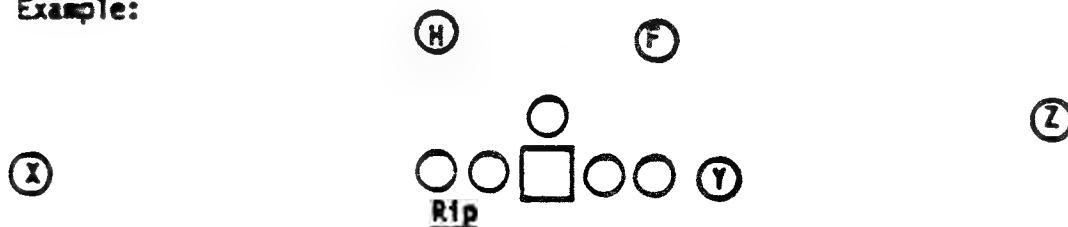
Example:



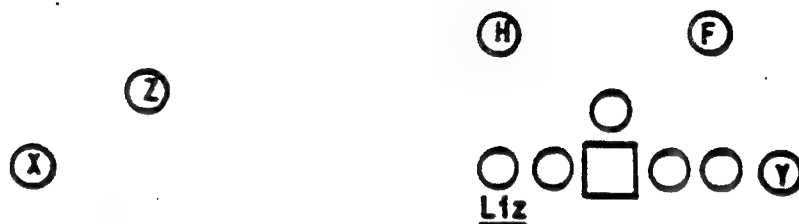
PASSING STRENGTH IDENTIFIER

Passing strength is called by FS is made to the 2 Receiver side.

Example:

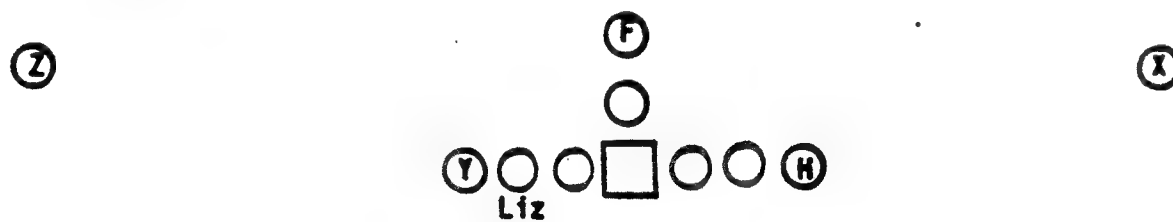


Example:



If a balanced set is given, make call left - unless game plan dictates otherwise.

Example:



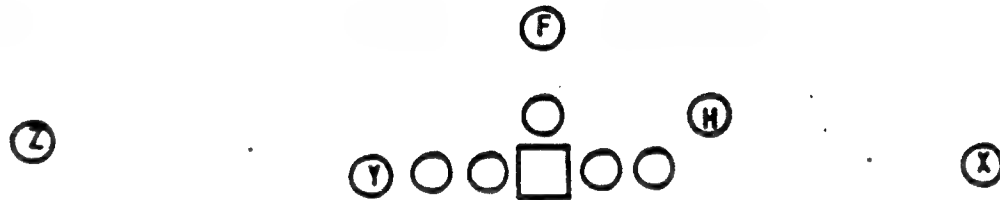
Notes

One Back Alignments/Movements

IDENTIFICATION OF BACKS' ALIGNMENT TO SE SIDE

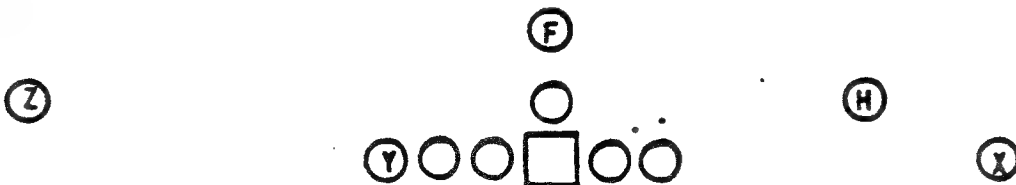
Example:

Normal Up Alignment is Up Call
UP LEFT



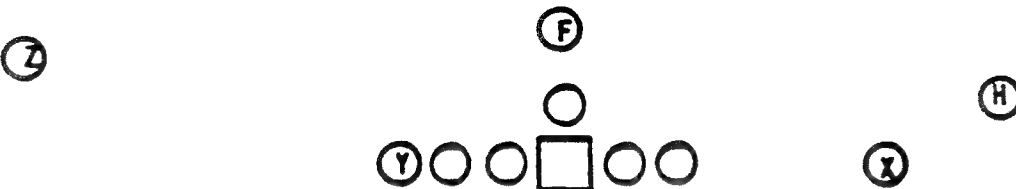
Example:

Splitting Difference is Near
NEAR LEFT



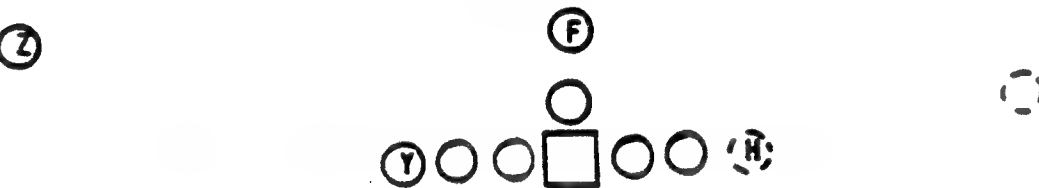
Example:

H Aligned Outside the SE is Far
FAR LEFT



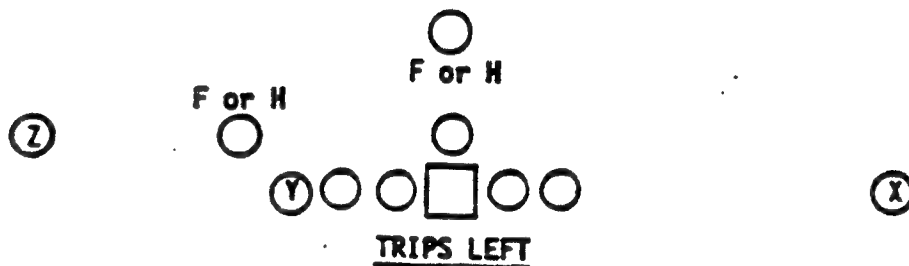
Positions are:

H on L.O.S. to SE is Solo
STANDARD SOLO

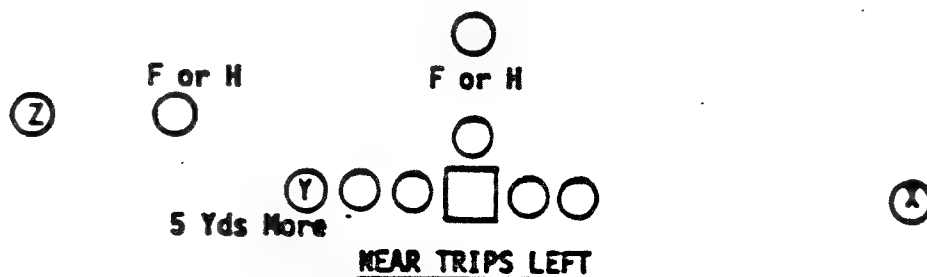


To identify backs, alignment to the TE, the position of each must be understood.

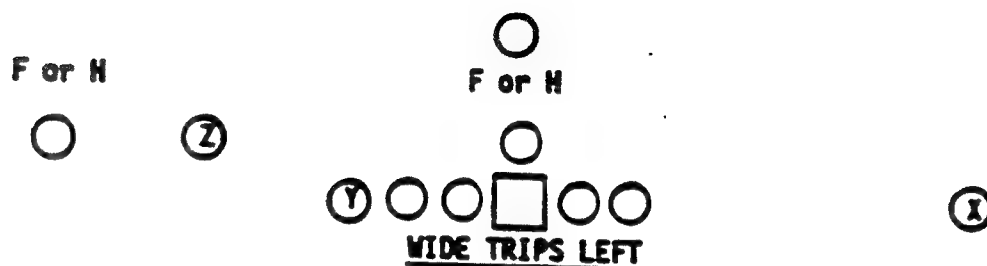
Example:



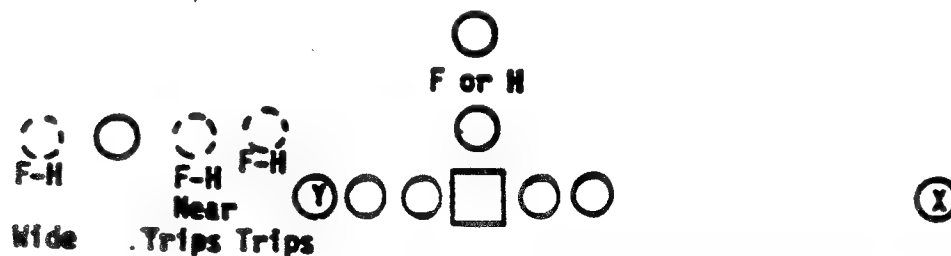
Example:



Example: If H or F aligns outside FL, it is called Wide.

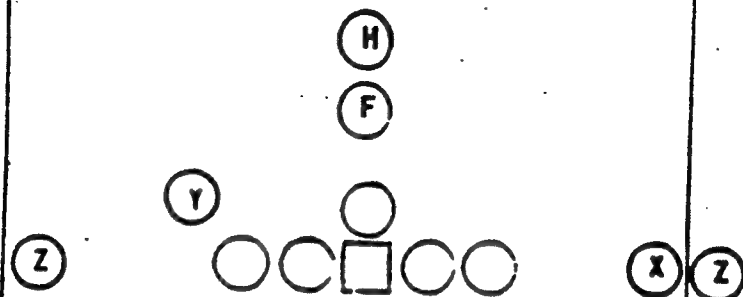


Positions are:

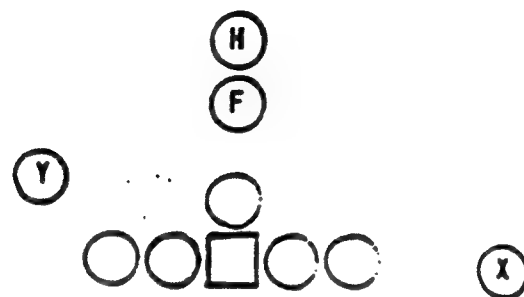


TE ALIGNMENTS AND MOVEMENTS

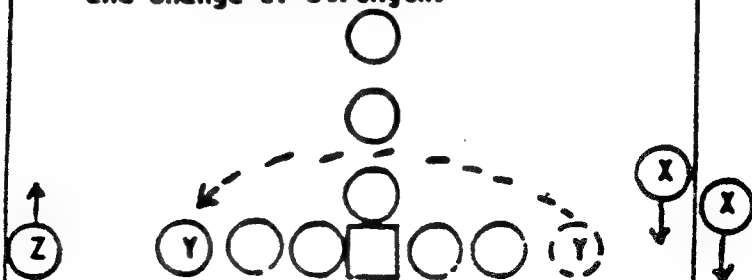
TE - TE normal position off L.O.S.



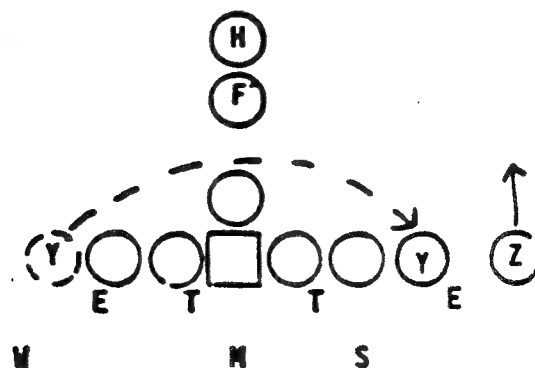
YOKE - TE off L.O.S. with movement across ball.



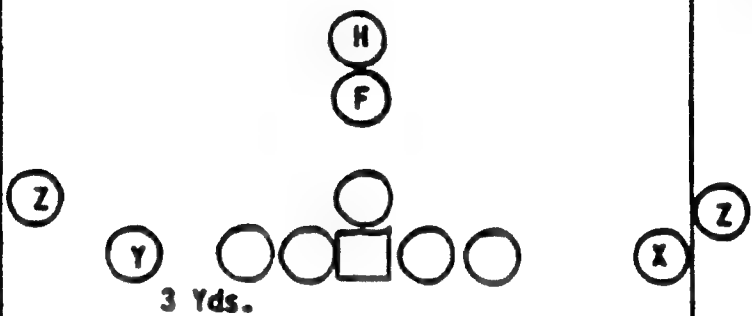
TE MOVE - TE shifts from one side to the other.
C.P.: This would cause a slide call and change of strength.



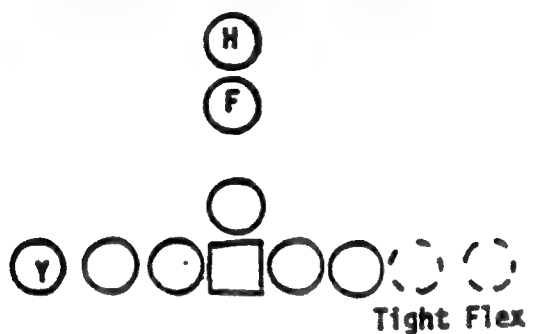
TE MOVE Example:
Strong Left
After TE move, strong right.



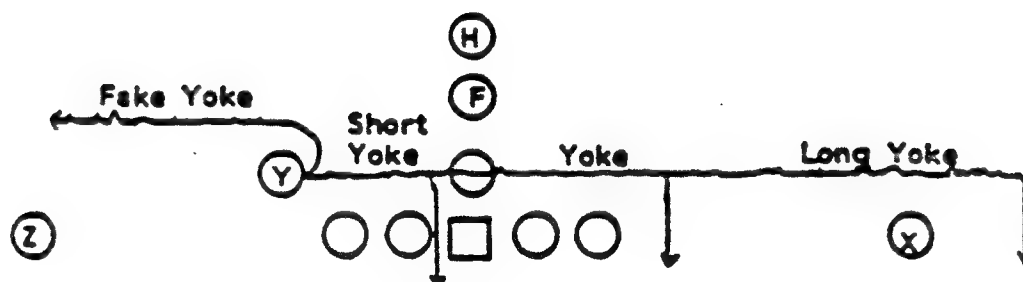
TE FLEX
Te is 3 yards or more from OT.



Alignment of Weak Side
Tight - Tight position on L.O.S.
Flex - 3 yards or closer from OT.



TE MOVEMENT WITH YOKE MOVEMENT

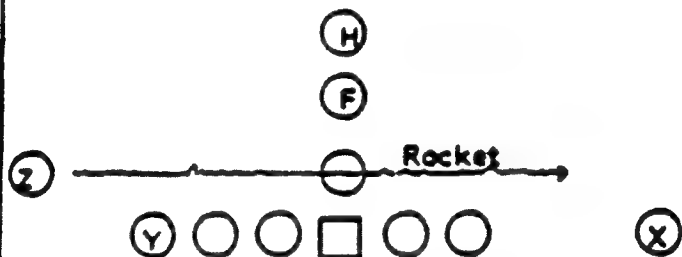


TE off L.O.S. with Movement to SE Side.

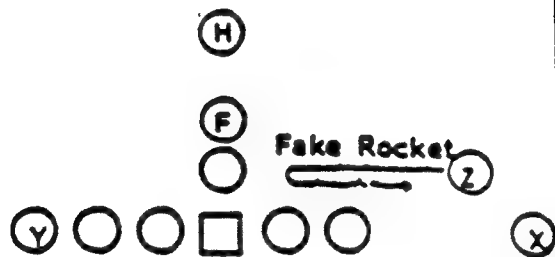
FLANKER - BACK MOVEMENT

Flanker Rocket

Flanker goes across formation from Standard (Pro) to Slot

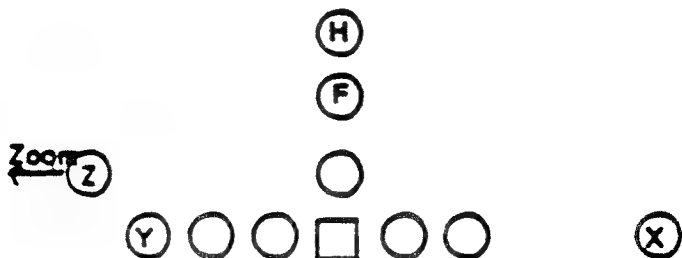


Fake Rocket



Zoom

Flanker moves out from formation.

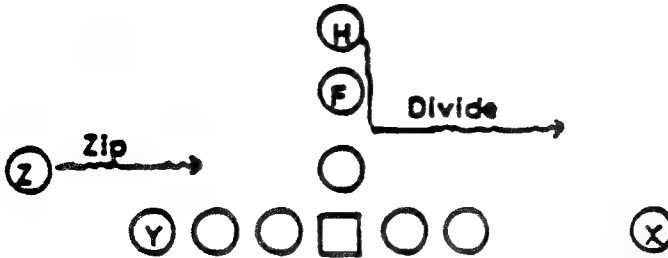


HB Divide

Back goes away from passing strength.

Zip

Flanker moves into formation.

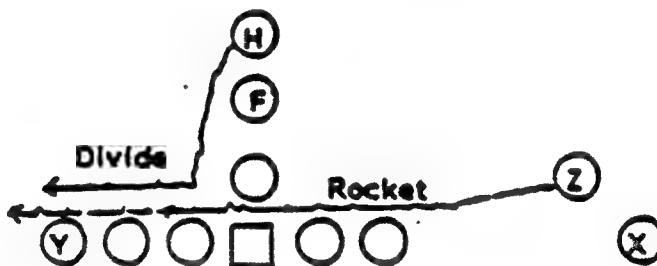


HB Divide

H goes away from passing strength.

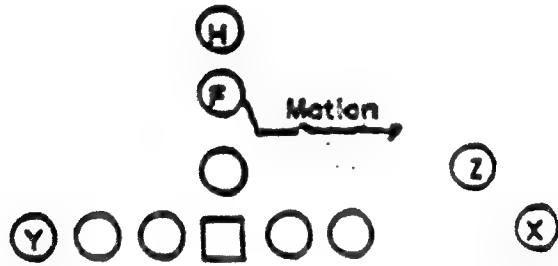
Flanker Rocket

Flanker goes across formation from Slot to Pro.



F Motion

Back goes to passing strength.

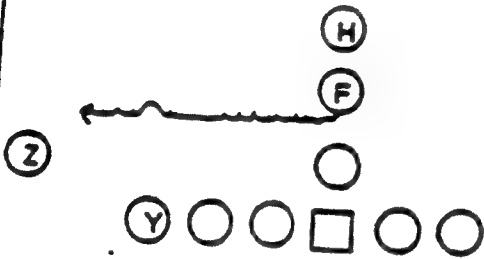


BACK - MOVEMENTS

Page 11

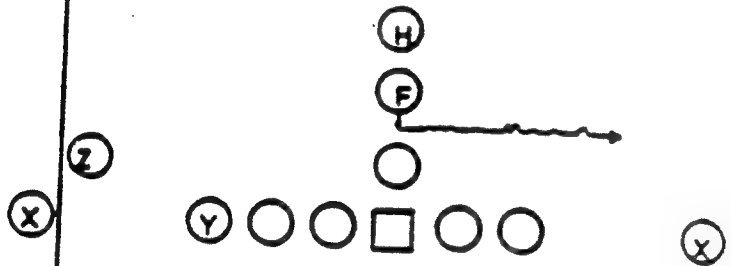
Motion

Back motion to passing strength.



Divide

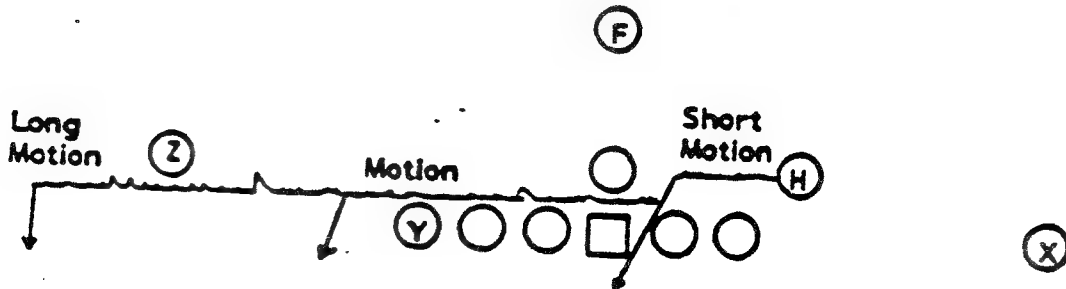
Back motion away from passing strength.



Long Motion

Motion

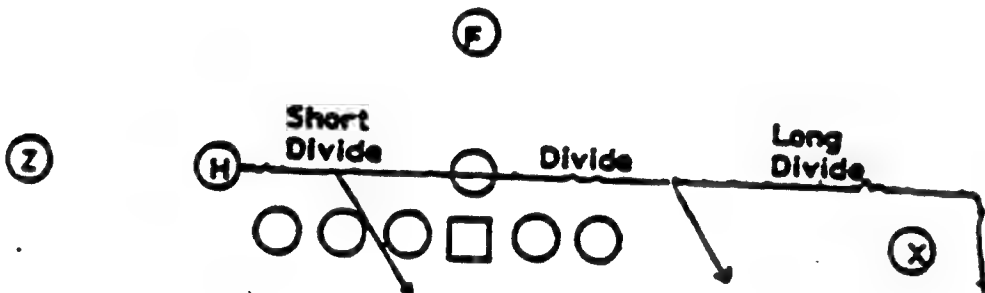
Short Motion



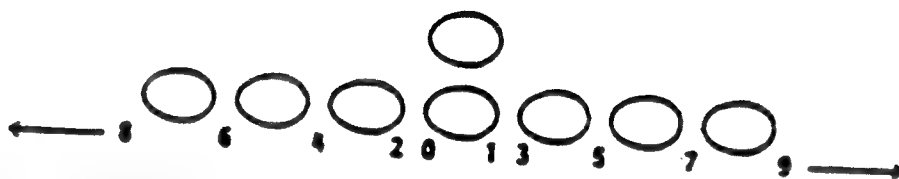
Short Divide

Divide

Long Divide

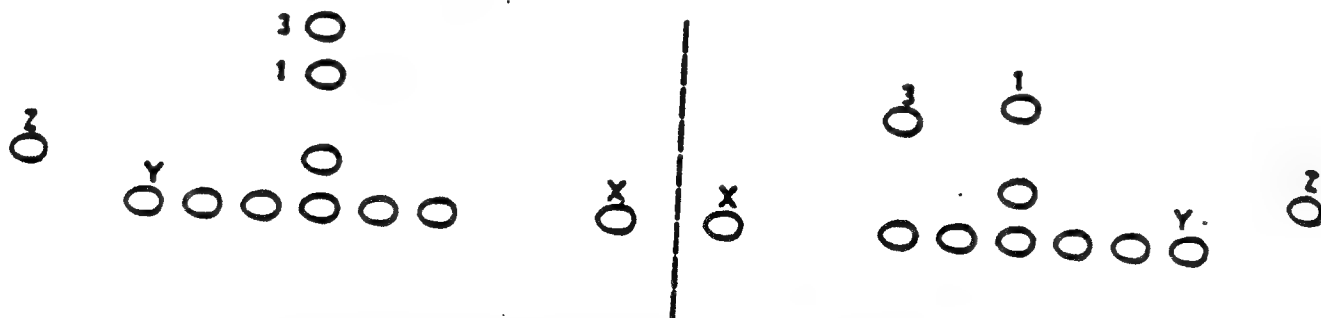


I. Line Hole Numbers



*Note: The 0 and 1 hole is used for any running play designed to be run on the hip of the Center. Even numbers left and odd numbers right.

II. Back Numbering



*Note: The Fullback will be designated the "1" Back, and the Halfback or Tailback will be designated the "3" Back. Combining the "Back" number with the "Hole" number will give you who carried the ball and the point of attack; i.e., 38, 19.

III. Run Series

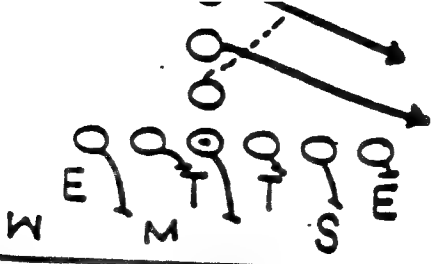
Plays will be grouped into series based upon blocking schemes and backfield action.

- | | |
|--------------|---|
| Toss | - QB tosses to a back (Toss 38). |
| Sprint Draw | - QB hands to Tailback off Fire or Flow Action (SP DR 38). |
| Lead | - Lead Block by back on inside running play (33 Lead). |
| Counter | - Ball Carrier's initial move is away from P.O.A. (CT 37). |
| Sweep | - Outside run with the ball handed off (Sweep 19). |
| Power G or D | - Play with double team at the P.O.A. with kick out by back and guard pull (PW G 38). |
| Trap | - Where defensive line or LB'er blocked by offside offensive lineman (13 Trap). |
| Straight | - Plays with one-on-one Zone blocking (37 Straight). |

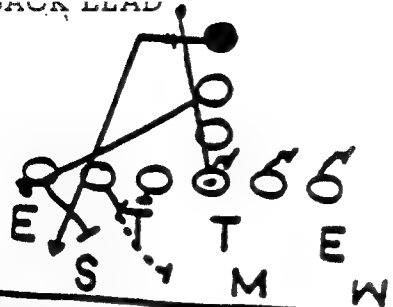
Run Series (Cont'd.)

- | | |
|---------|---|
| Dive | - Quick hand-off with flow (14 Dive). |
| Option | - Inside fake with opposite back going in pitch relationship (14 Option). |
| Pitch | - Quick outside play (39 Pitch). |
| Cut | - Used to designate that ball carrier cut back away from initial hole (34 Cut). |
| Reverse | - Play that goes in opposite direction of flow (Toss 38 Z Reverse at 9). |
| Draw | - Diversionary run off of initial pass look (13 Lead Draw). |

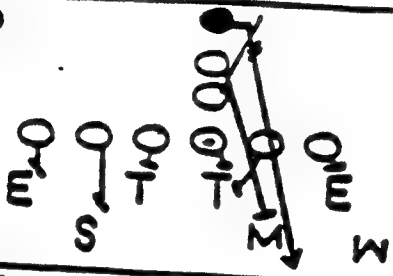
33 LEAD



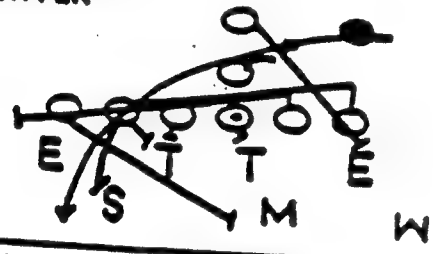
36 COUNTER



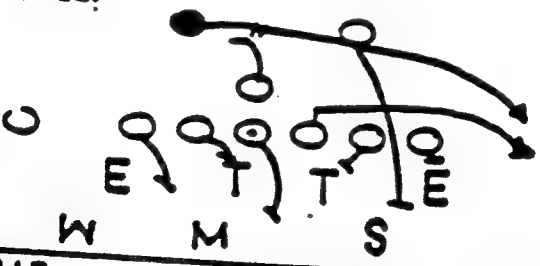
39 G-SWEEP



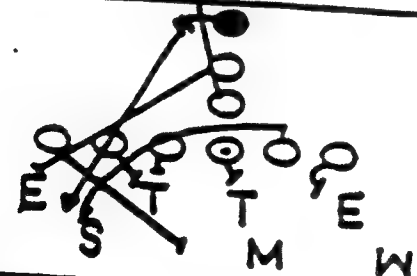
36 PW-O



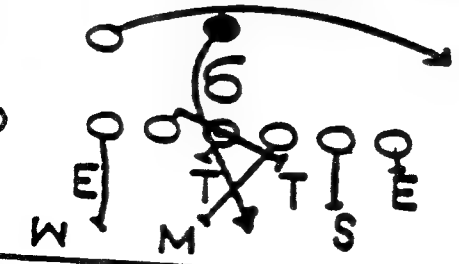
31 TRAP



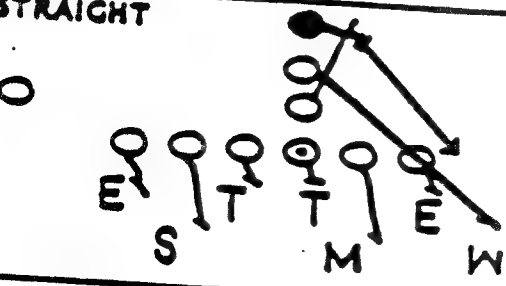
37 STRAIGHT



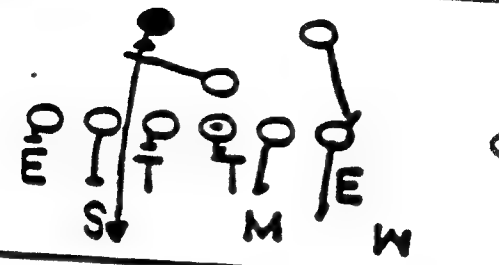
14 DIVE



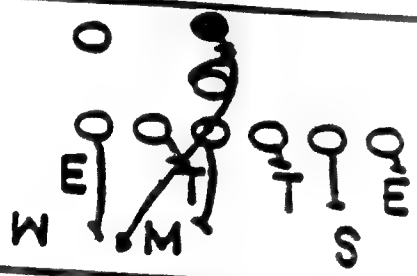
12 OPTION



9 PITCH

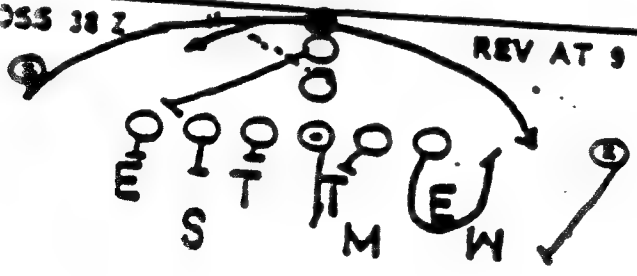


BELLY

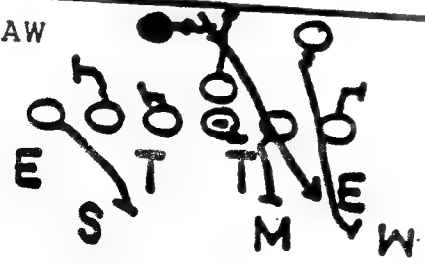


353 38 Z

REV AT 9

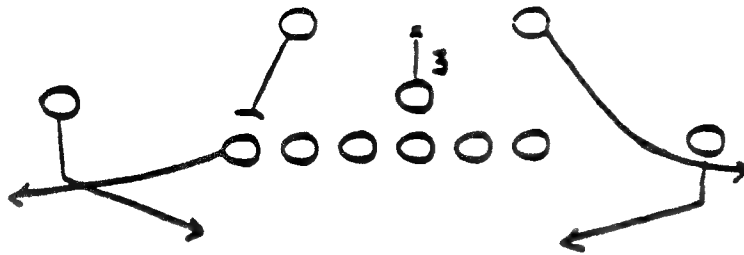


LEAD DRAW

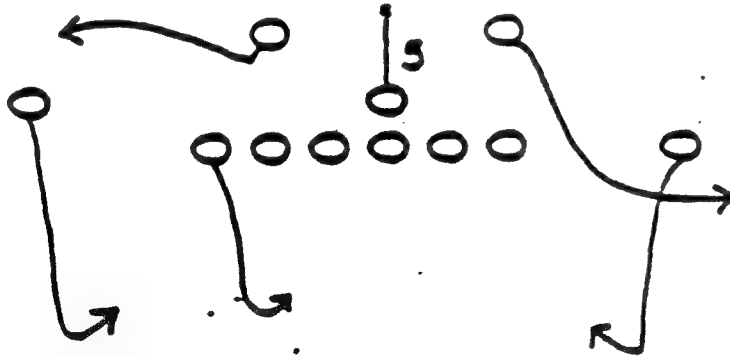


PASS ACTIONS

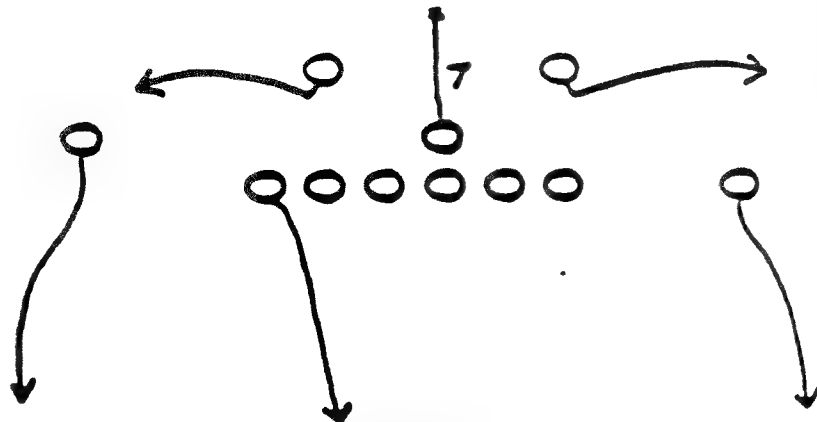
$\frac{30}{3}$ Step Drop



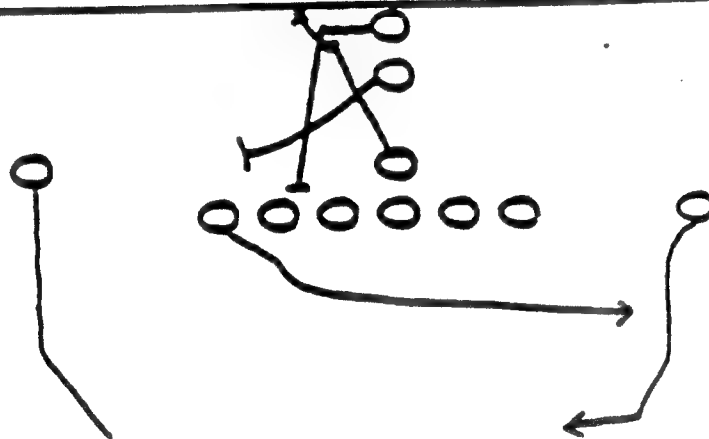
$\frac{50}{5}$ Step Drop



$\frac{70}{7}$ Step Drop



FIRE
Full flow to TE
passing strength
with QB inside
tackle box.



NAMES OF PASS

Back Passes

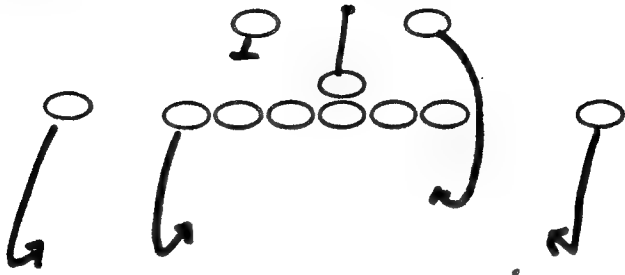
K - All Hook
 t Box
 ina
 ina Divide
 ina In
 CH - Double China
 CR - Double Cross
 In - Double In
 T - Double Out
 ouble Pass
 O - Drop & Roll
 w Stack
 eturn
 J - F Under
 - Fullbacks & TE Individual
 Mary
 ch Screen
 Go - Hook & Go
 opt
 uston Tier
 I - Halfback & X Receiver Individual
 dle Screen
 - - Opposite High-Low
 O - Option Screen
 O - Out Corner
 Tier
 een Strong
 een Weak
 L - Shoot Curl
 - Shoot Corner
 L - Shoot Slant
 ck
 Tier
 - Slot & X Receiver Individual
 - Two in Three Out
 ep
 o

Play Action Passes

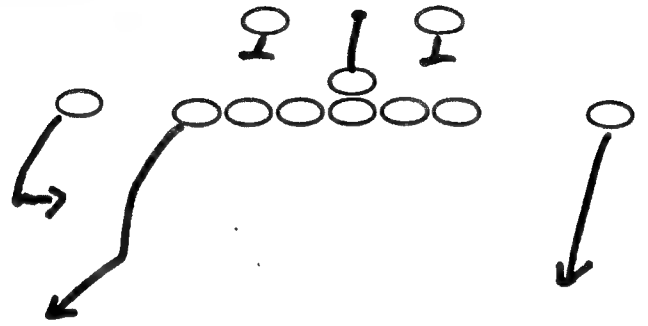
Belly Pass
 Bootleg
 Ct Gap Pass
 Cut Pass
 Draw Pass
 Fire
 Flea Flicker
 Flood
 SOP - Sprint Out Pass
 Straight Pass
 Trap Pass
 Waggle

NAMES OF PASSES -- DROP BACK

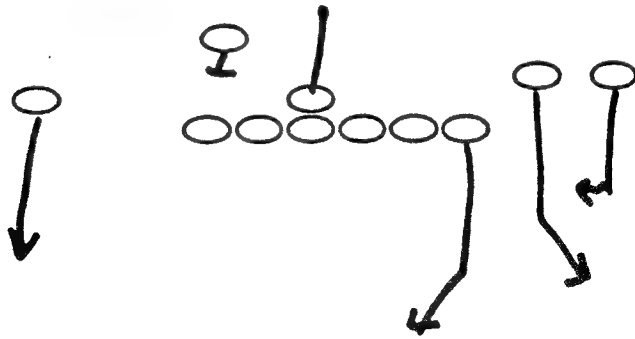
AHK



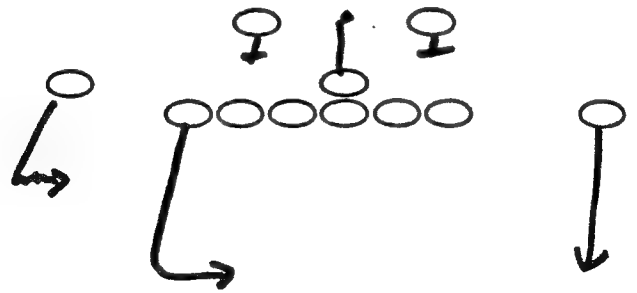
CHINA



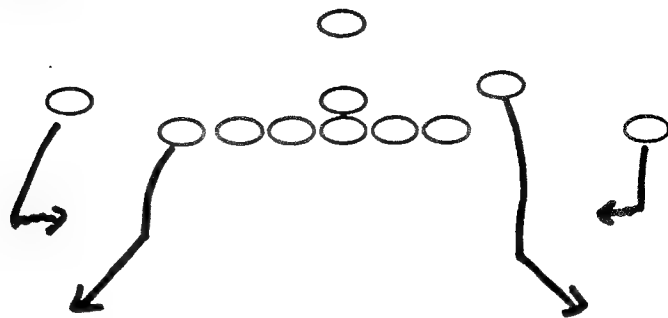
CHINA DIVIDE



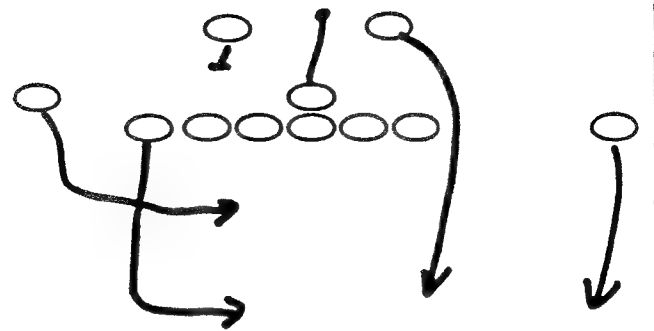
CHINA IN



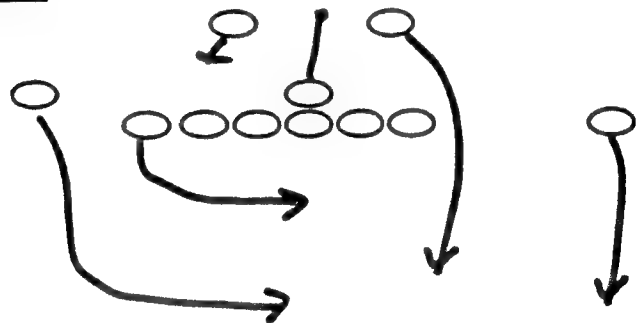
DB CH



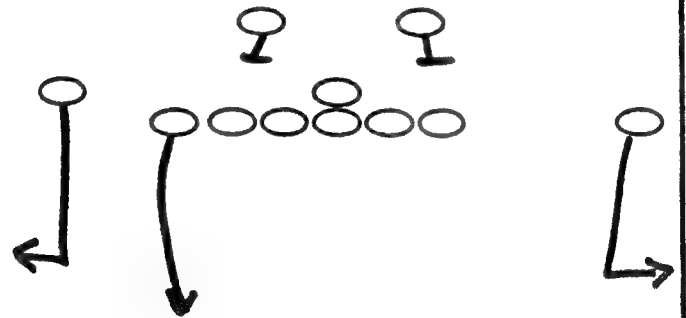
DB CR



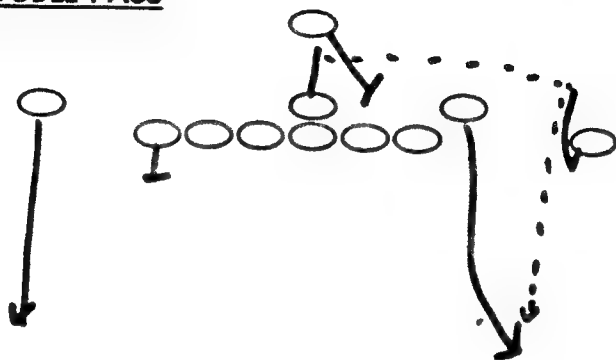
DB IN



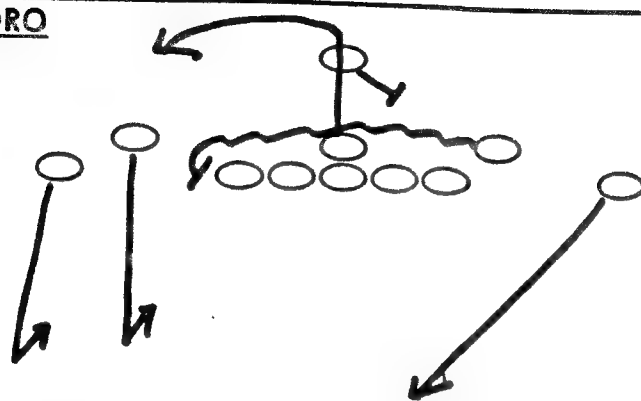
DOT



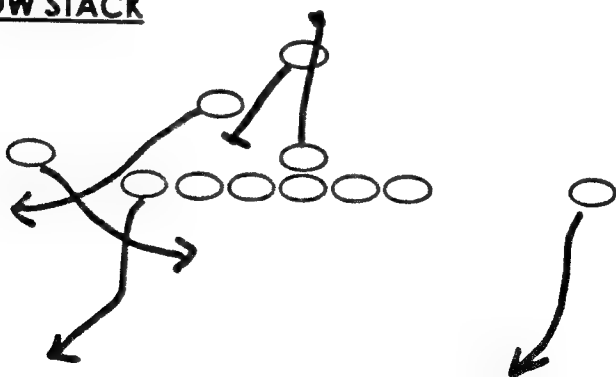
DOUBLE PASS



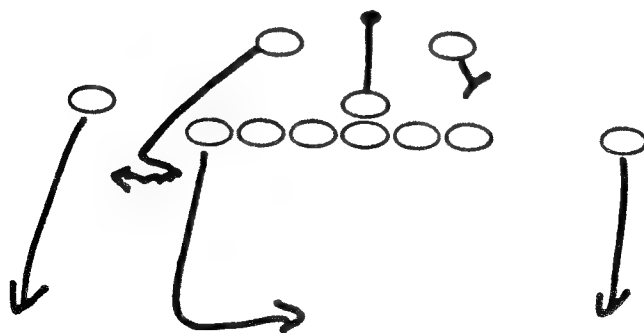
DRO



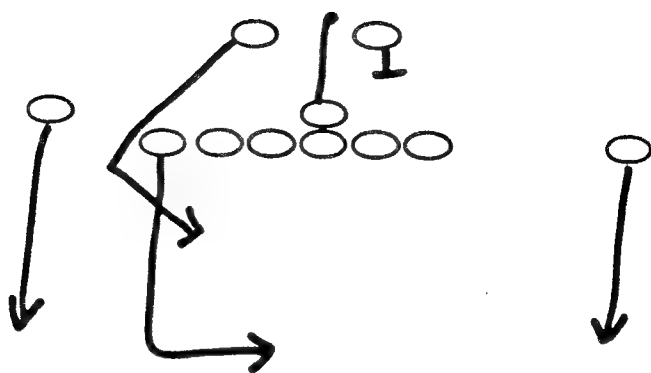
FLOW STACK



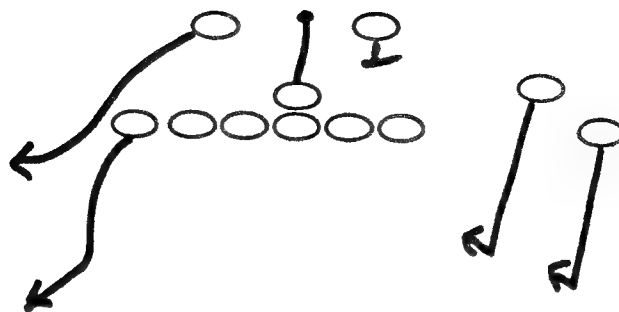
F RETURN



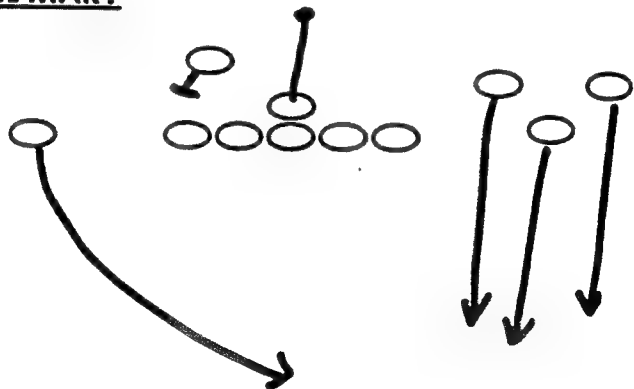
FUN



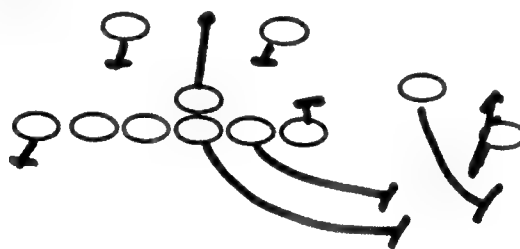
QK TIER



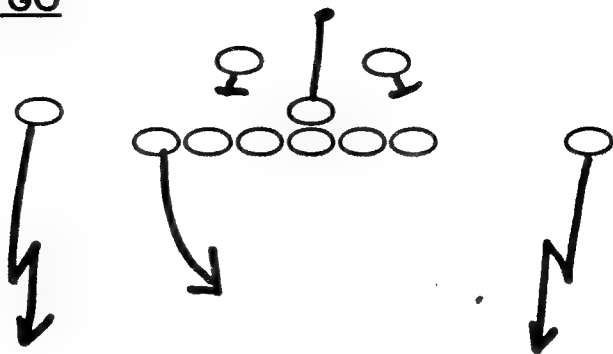
HAIL MARY



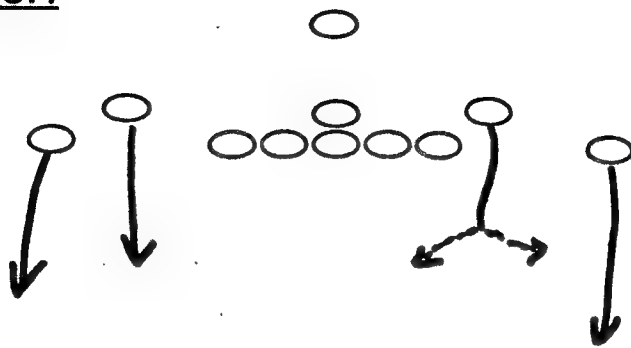
FLASH SCREEN



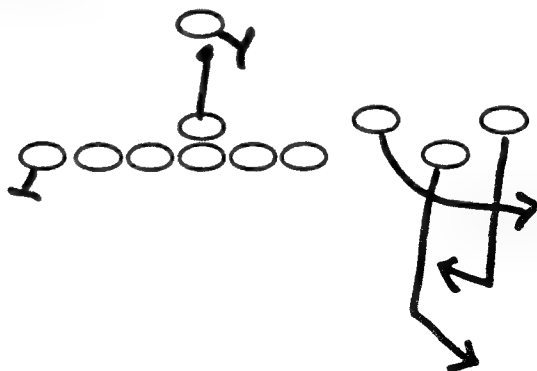
HK GO



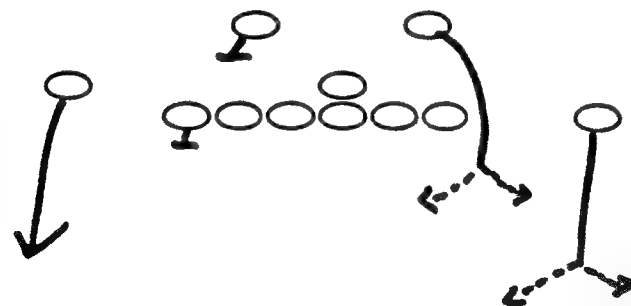
H OPT



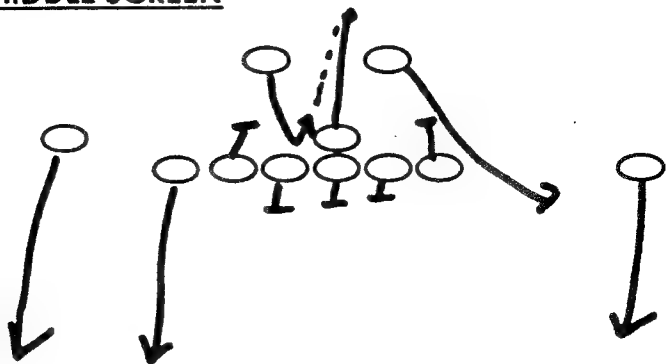
HOUSTON TIER



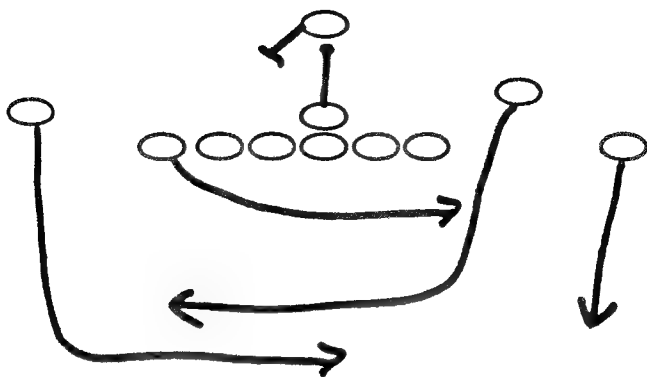
H X I



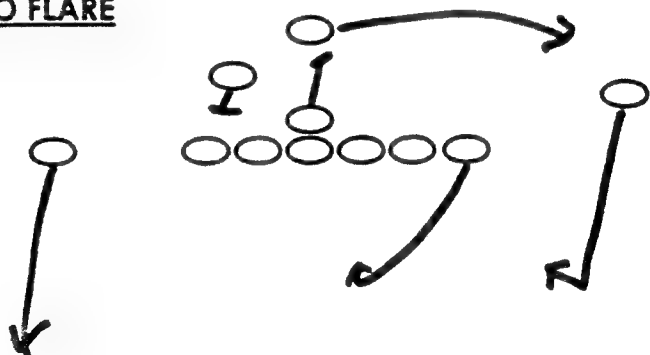
MIDDLE SCREEN



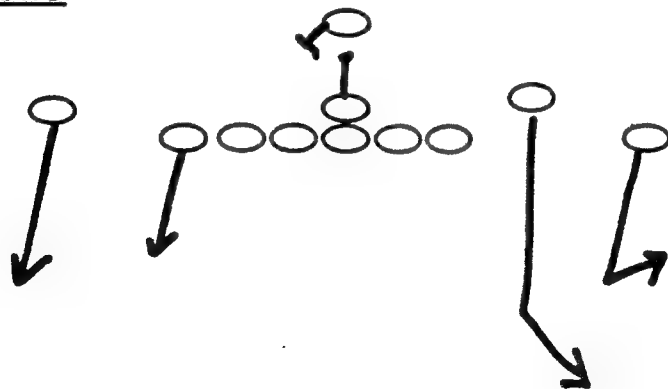
OHL



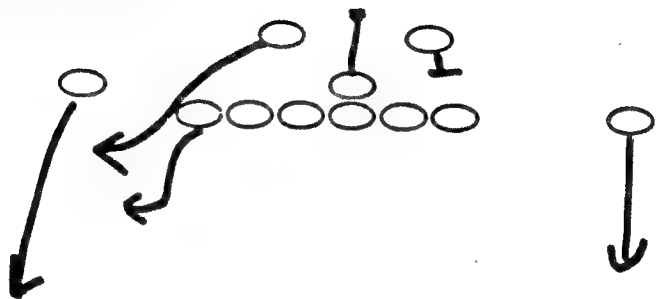
TIO FLARE



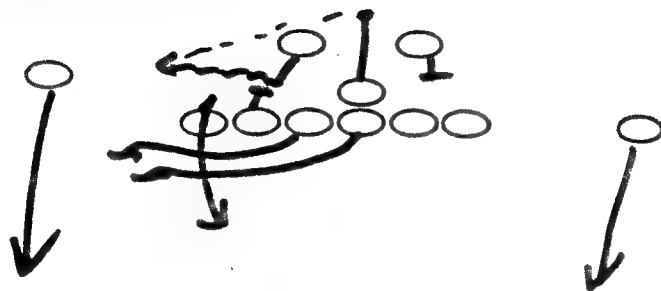
OKO



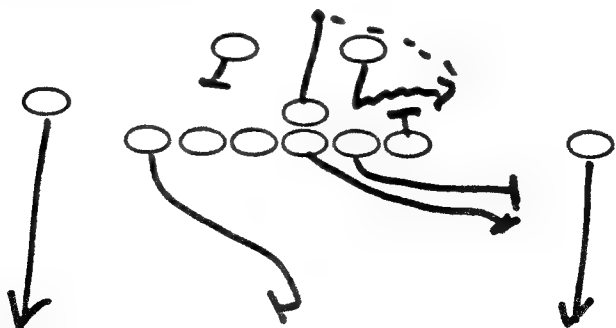
QK TIER



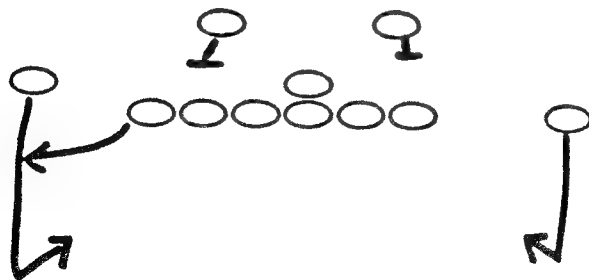
SCREEN STRONG



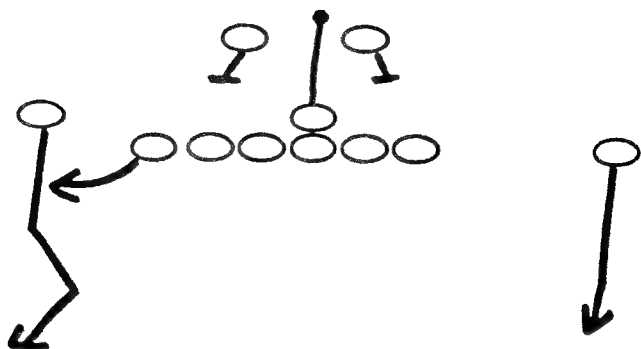
SCREEN WEAK



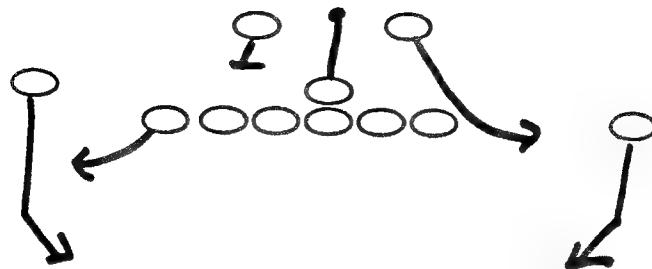
SHCL



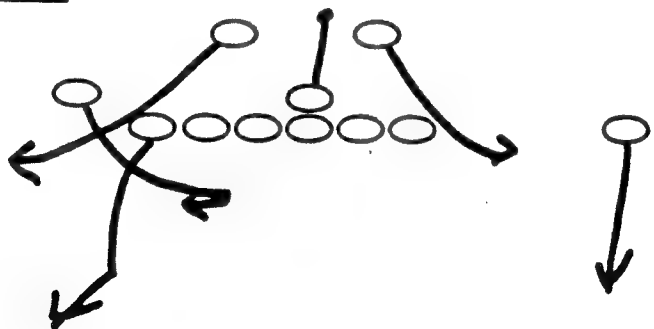
SHK



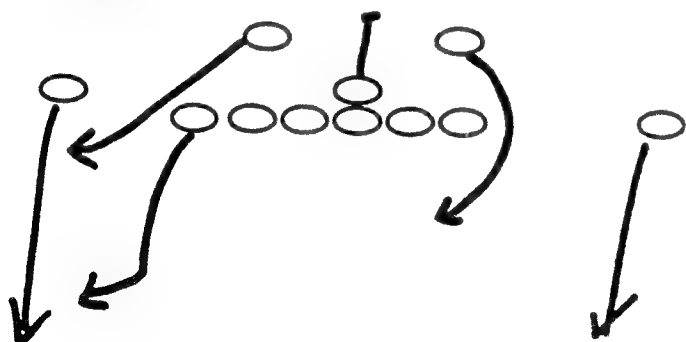
SHSL



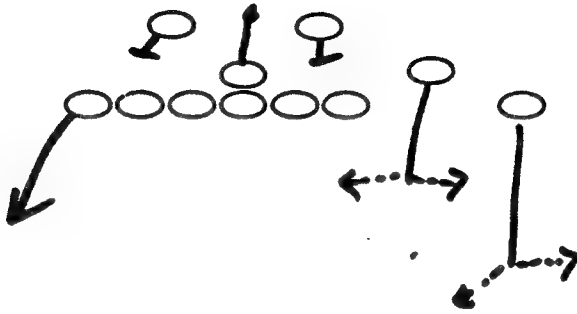
STACK



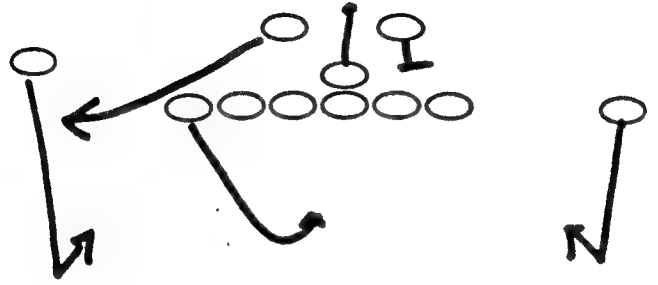
STG TIER



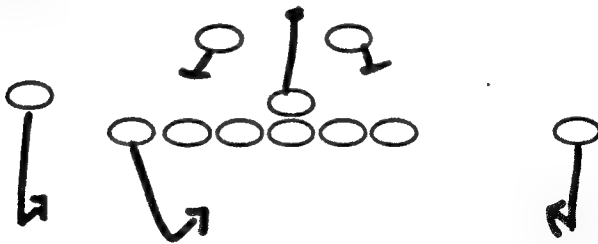
S X I



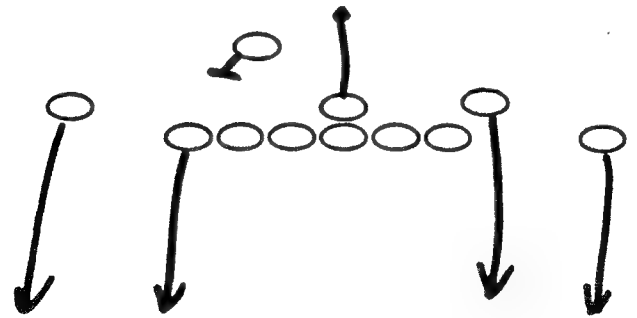
TIO SHOOT



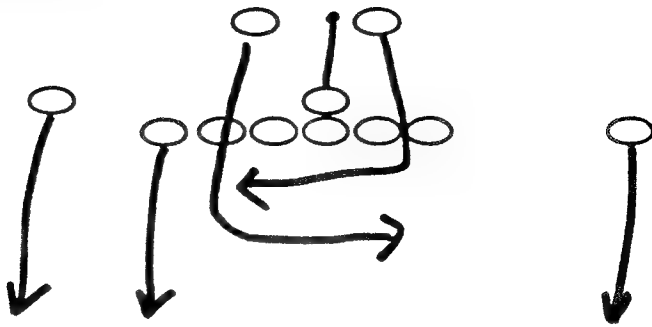
3 STEP



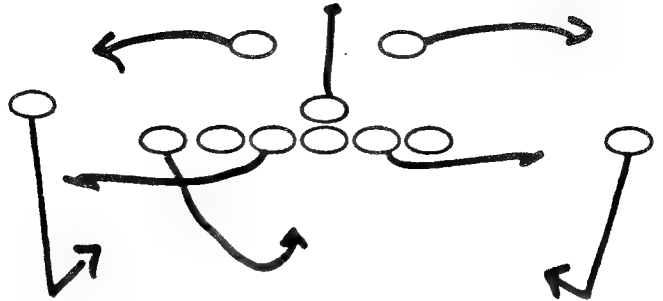
4 UP



CAT BOX

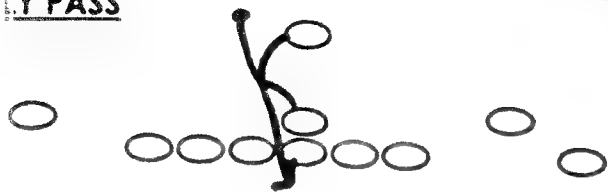


OSC



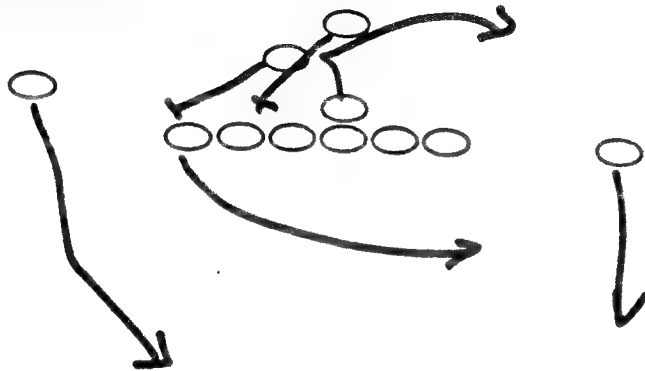
NAMES OF PASSES - PLAY ACTION

Y PASS



y fake with Individual Routes.

BOOTLEG



GAP PASS

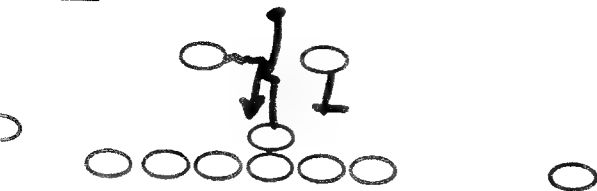


nter Fake with lineman pull and
idual Routes.

CUT PASS

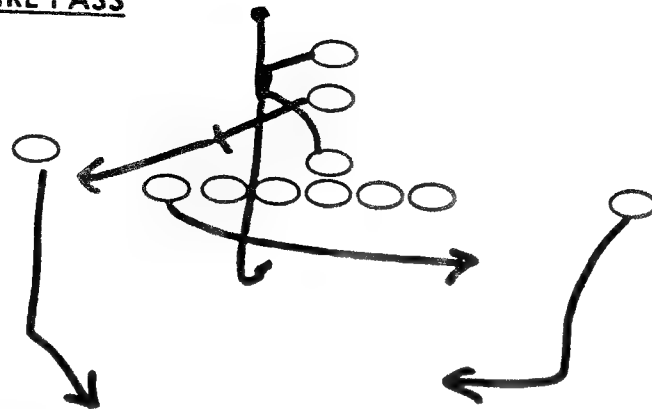


V PASS

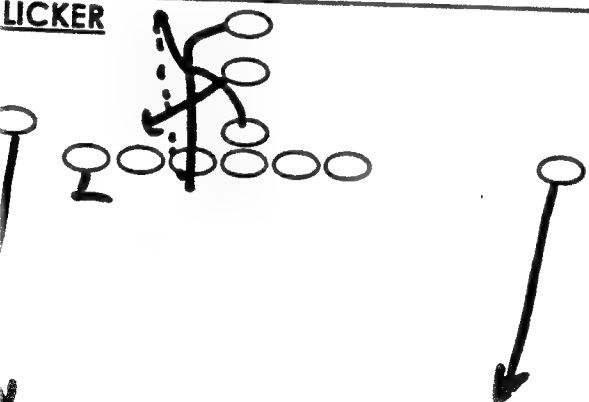


Fake with Individual Routes.

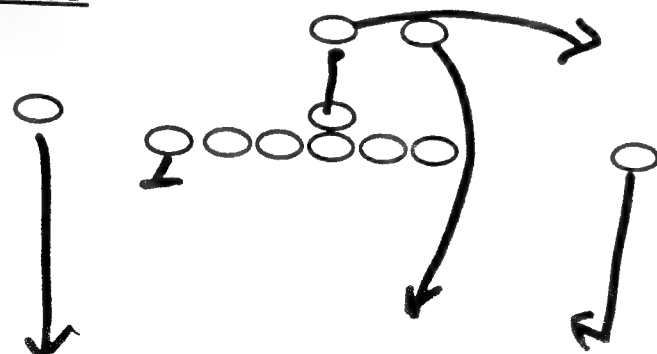
FIRE PASS



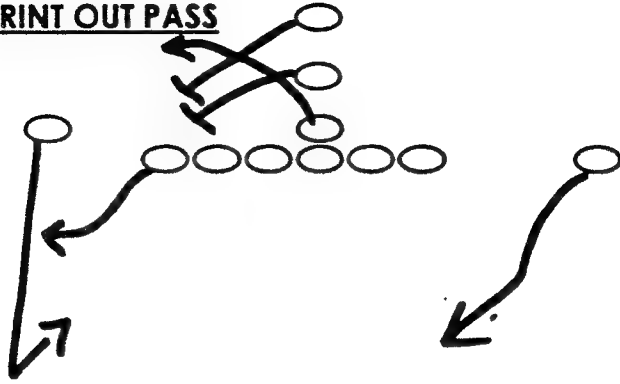
LICKER



FLOOD

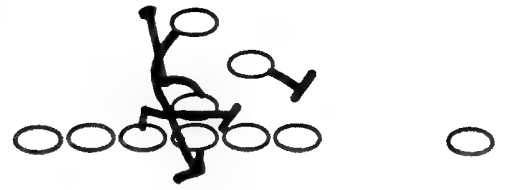


SPRINT OUT PASS

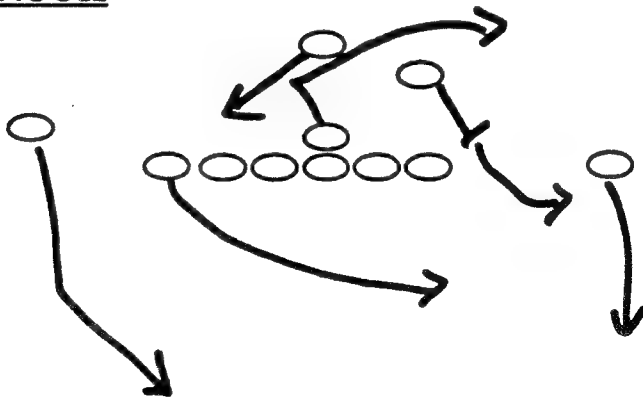


TRAP PASS

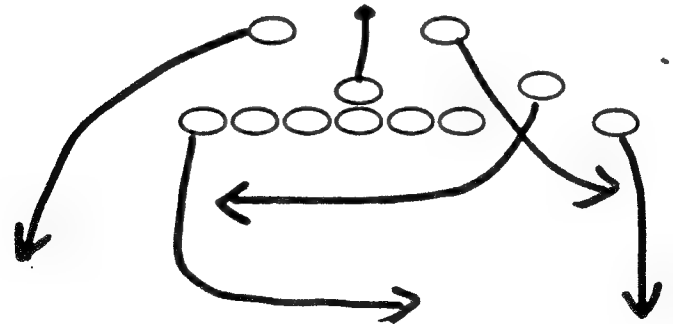
Trap Fake with Individual Routes.



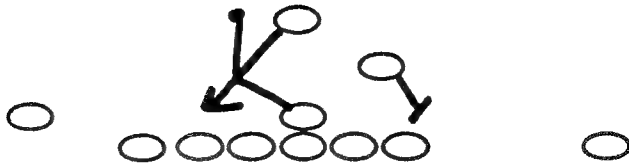
WAGGLE



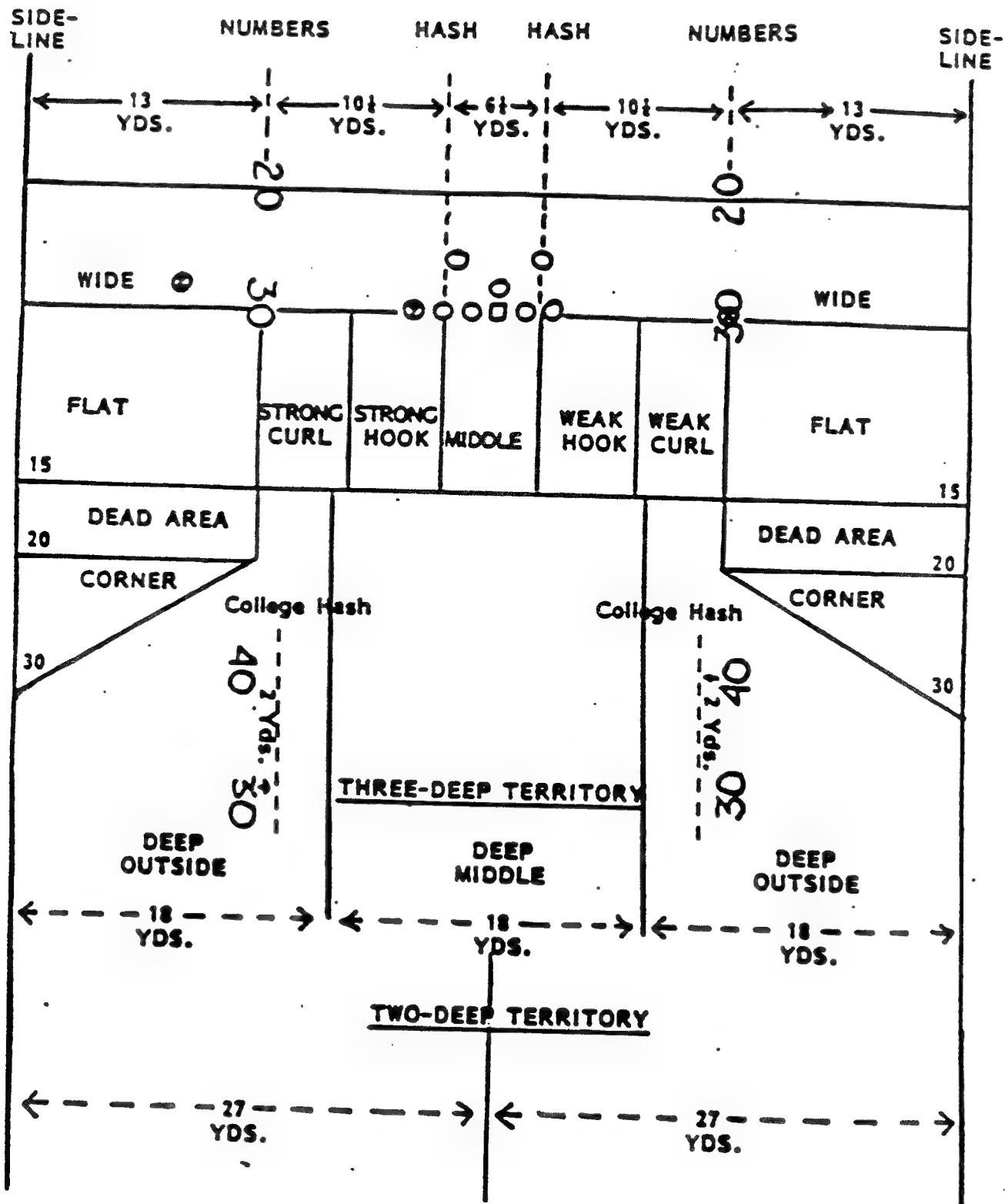
RAM ROUTE



STRAIGHT PASS

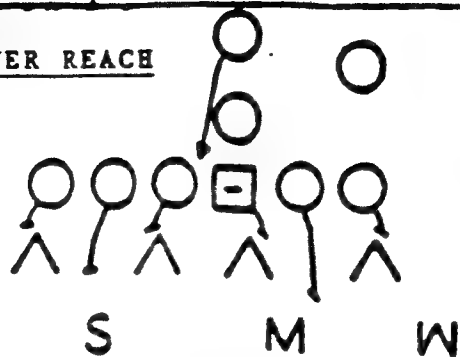


AREAS OF THE FIELD FOR PASS DEFENSE



INDIVIDUAL BLOCKS

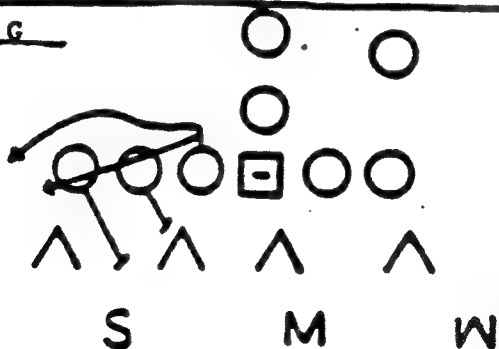
OVER REACH



OVER REACH

- Technique used on run plays at the P.O.A. to stretch a defender by contacting him or faking him on the wrong side.

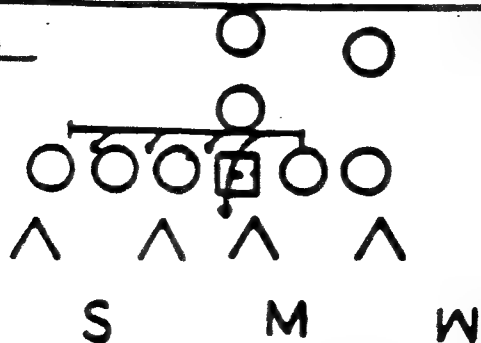
G



G

- Assignment block where inside guard pulls away from the ball to kick out or log. (at the P.O.A.) Depth is determined by the hole called.
- G-Pull may include down block by TE and Tackle.

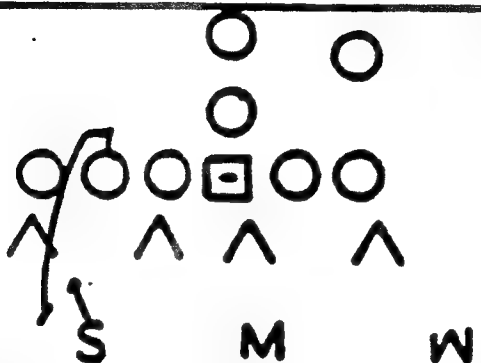
O



O

- Assignment block where offside guard pulls across the ball and leads up through a hole. (at the P.O.A.).
- O-Pull may be used to seal pursuit, lead for bootlegs, waggies, traps.

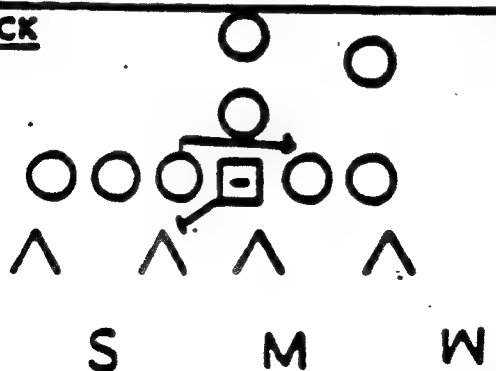
IF



IF -

- Short pull by a lineman that is covered by a LBer. Length of pull is determined by the flow of the LBer turning up on him as he approaches L.O.S. (P.O.A. block).

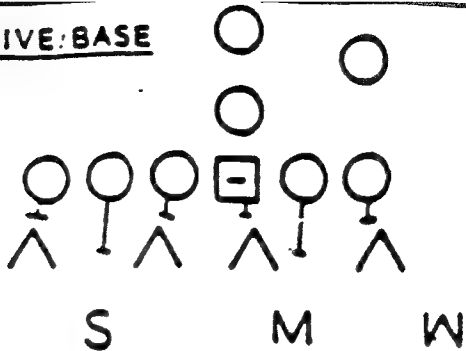
BACK



BACK -

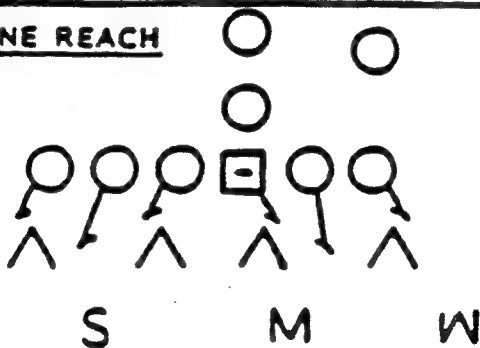
- Assignment block for uncovered lineman to fill for pulling adjacent lineman. (away from P.O.A.).

DRIVE BASE



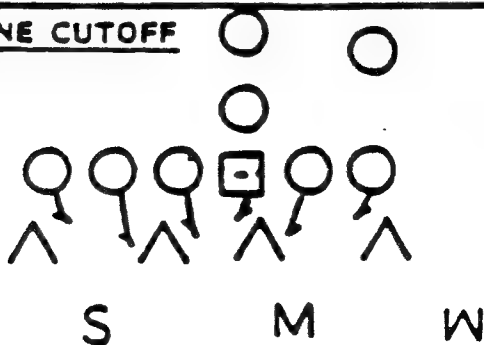
DRIVE - Fundamental block that is the base of the run offense. Signifies an offensive lineman blocking the middle of the man over him; on or off the L.O.S. (at the P.O.A.).

ZONE REACH



HOOK - A technique block used by offensive lineman or tight end hitting your outside number, through the armpit trying to control the defender to the inside (at the P.O.A.).

ZONE CUTOFF

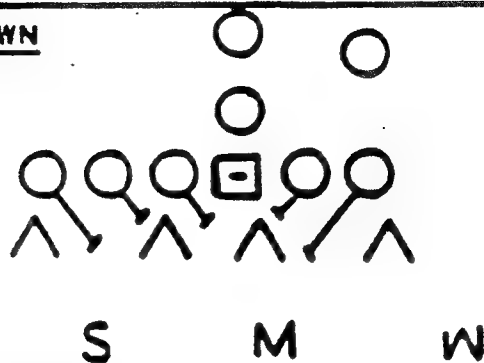


CUTOFF - A block by a lineman or a tight end hitting your inside number to prevent pursuit. (Backside block away from P.O.A.)

BUTT BLOCK

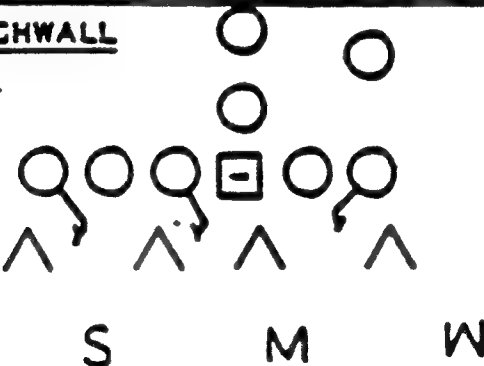
* Some teams use hard Rip across your face then offensive lineman either backs up or washes you down if you try to cross his face.

DOWN



DOWN (GAP) - Block where lineman blocks inside towards the ball on the first man or gap inside, on or off the L.O.S. (at the P.O.A.).

HIGHWALL

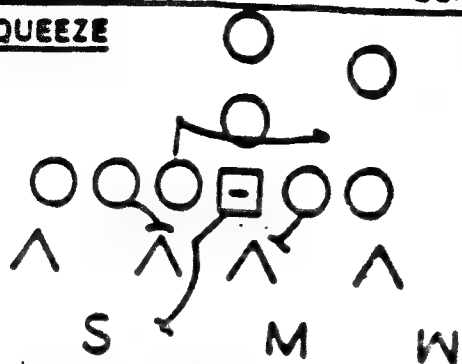


HIGHWALL - Block where lineman or tight end zones inside and wheels on you high to give back a cutback lane. (away from the P.O.A.).

COMBINATION BLOCKS

(Two or More Linemen)

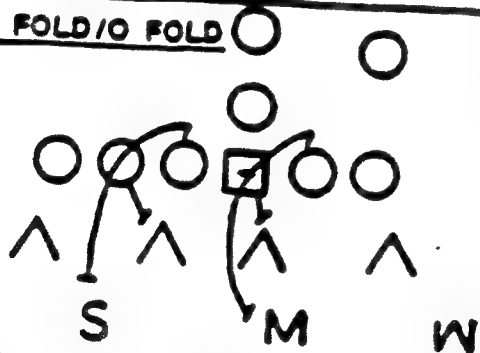
SQUEEZE



SQUEEZE

- Block performed by two linemen when the player between them is pulling. (Usually away from P.O.A.).

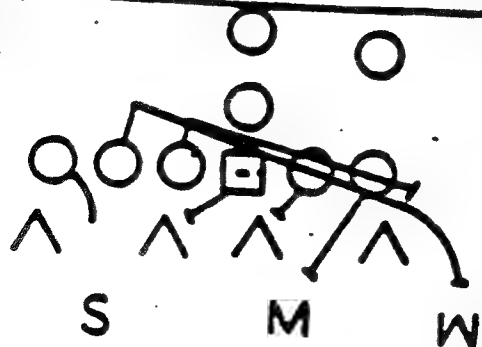
C FOLD/O FOLD



FOLD

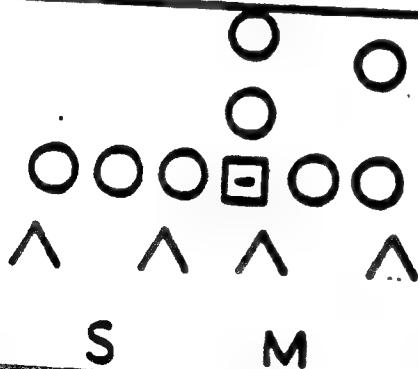
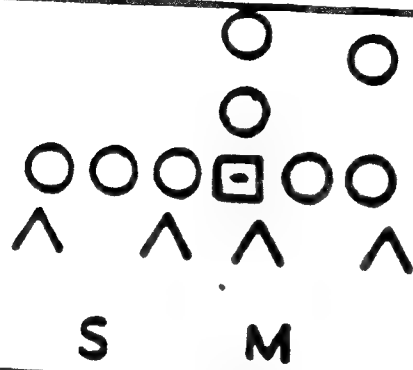
- Block between two adjacent linemen on a downlineman and a LBer. In exchanging assignments, can be playside or backside.

OT

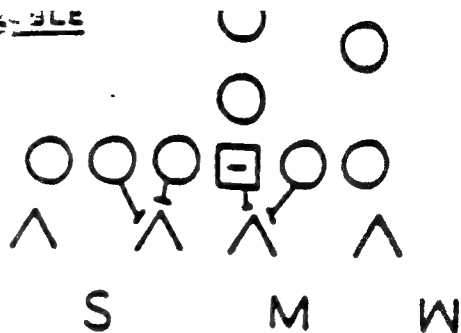


OT

(OT) Blocking scheme where all playside linemen block Down and the offside guard and tackle (Twins) pull to kick out and turn up in the hole; comes with Counter or Stutter play.

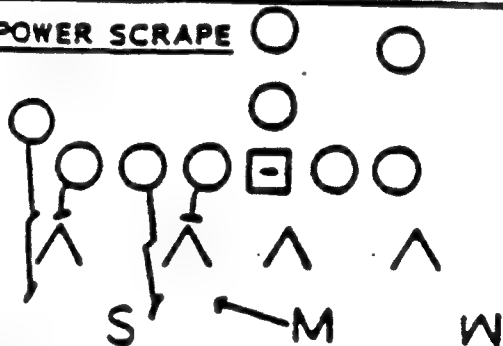


DOUBLE



DOUBLE - Block where two offensive linemen block only one defender. Combines a Drive and a Down Block. (P.O.A. block).

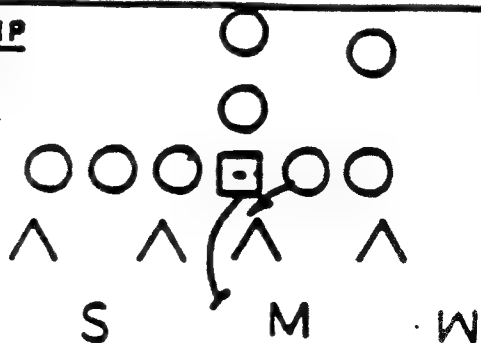
POWER SCRAPE



DRIVE SCRAPE - A two-on-two block performed by two linemen or tight end on a defensive lineman and a LBer. Combination of a Drive and Down block with outside man coming off to second level to pick up LBer.

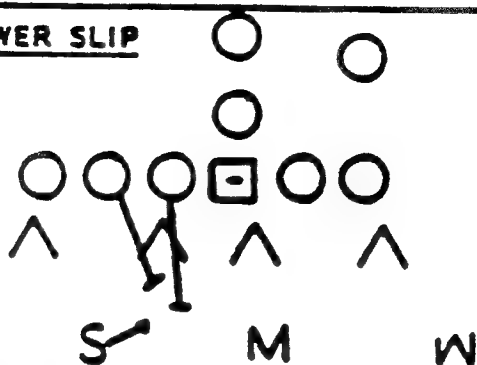
* Can be executed by a Wing on a 9 tech. end as well.

SLIP



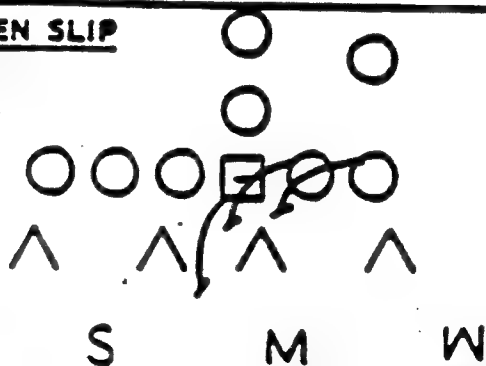
SLIP - Zone blocking technique of two linemen or TE on any two defenders. Used playside or backside.

POWER SLIP



POWER SLIP - Zone blocking technique for inside running game where two linemen attempt to get movement/ on downlinemen to force LBer to run the "Hump." (P.O.A. Block).

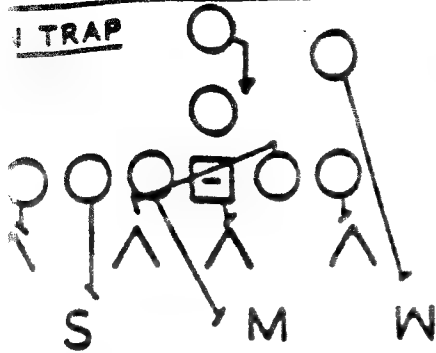
OPEN SLIP



OPEN SLIP - Zone blocking for outside plays. Offensive lineman pulls down the L.O.S. - shoulders square looking to Wheel and High Wall defenders (Away from P.O.A.).

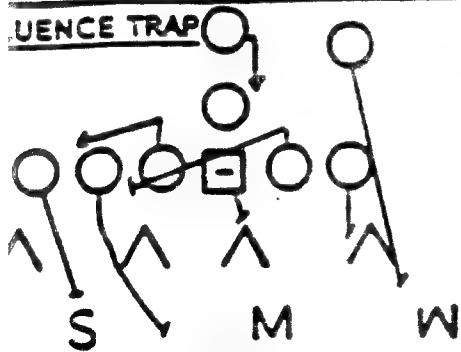
TRAP BLOCKING SCHEMES

1 TRAP



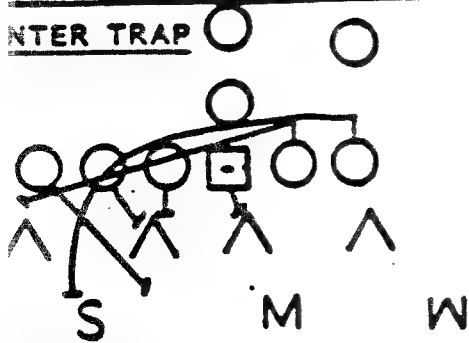
DOWN TRAP - Blocking scheme where offside guard or tackle pulls and blocks inside out (at the P.O.A.). (Key down blocks inside for first man inside on or off L.O.S.)

UENCE TRAP



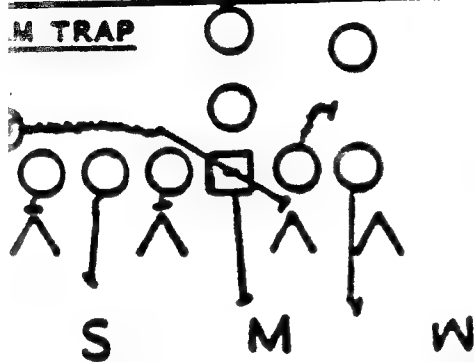
INFLUENCE TRAP - Blocking scheme where key quick drops or G-Pulls to sucker you upfield for trap. (Usually at the P.O.A.).

ENTER TRAP



COUNTER TRAP - Combination trap that involves a Twin (O-T) pull from the backside to block the last two defenders. It involves Down blocks at the P.O.A.

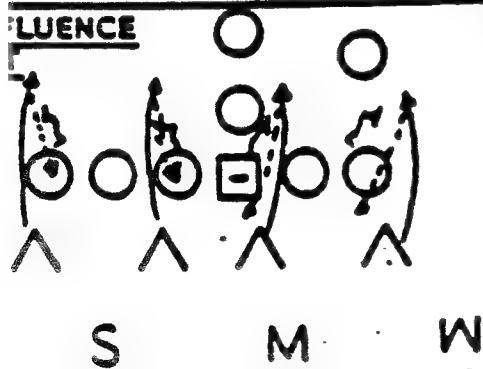
M TRAP



WHAM TRAP - Blocking scheme that involves a trap on a defensive lineman from an offensive player that is aligned off the L.O.S. and is in motion.

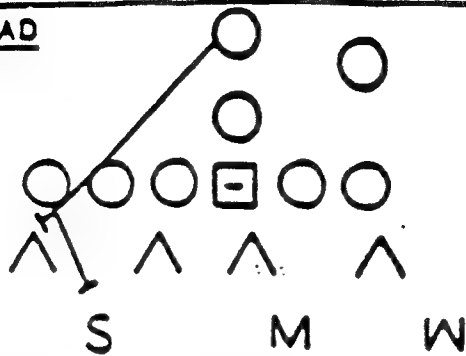
**** IMPORTANT** - See "Wham Concept" on Page _____.

UENCE



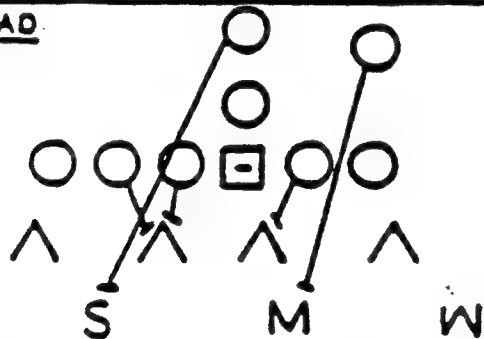
INFLUENCE SET - Block by offensive lineman to entice defensive lineman to rush up field and remove yourself from the play. It is recognized by inside set by O-L, and retreat blocking with shoulders open to QB. Can be followed by arm drag to further throw rusher up field. Primarily used on Draw plays.

LOAD



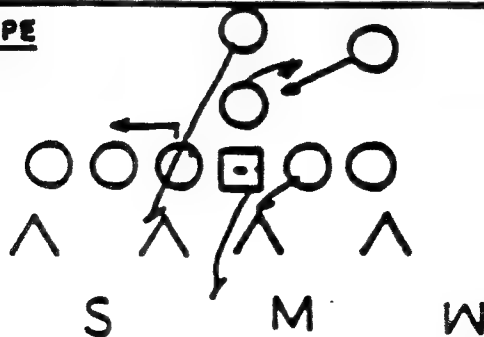
LOAD - Block by a Back on the End man in the defensive scheme.

LEAD



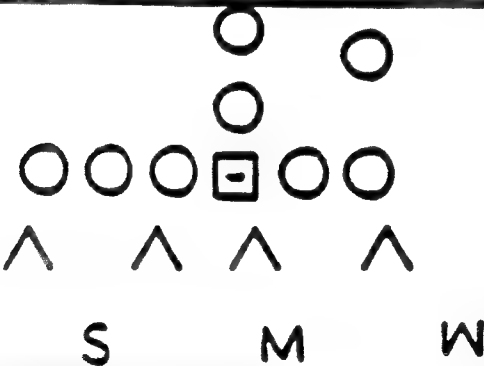
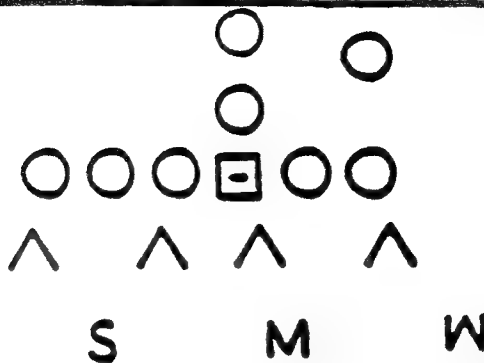
LEAD - Block by a Back at the P.O.A. on a LBer.

SWIPE



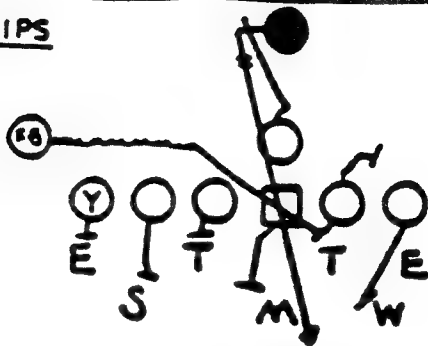
SWIPE - An isolation block by a Back on an interior defensive lineman.

* Can and does include at times an "O" Fold backside.

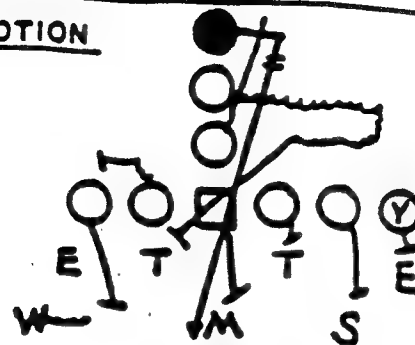


WHAM CONCEPT:

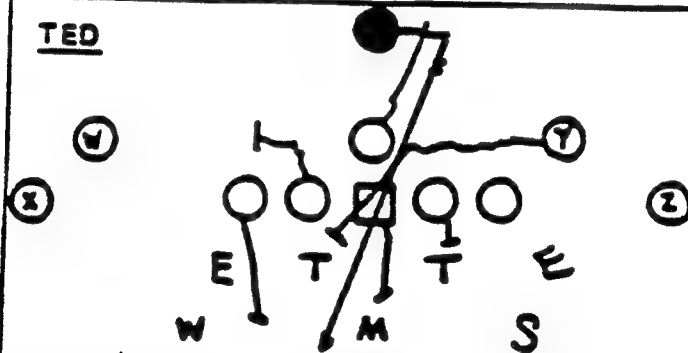
TRIPS



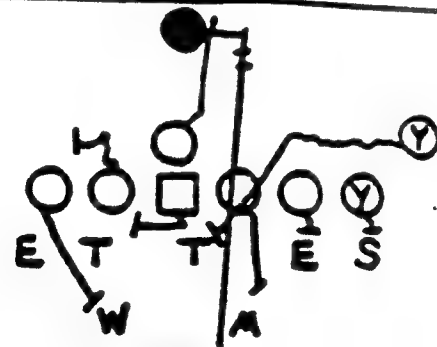
FB MOTION



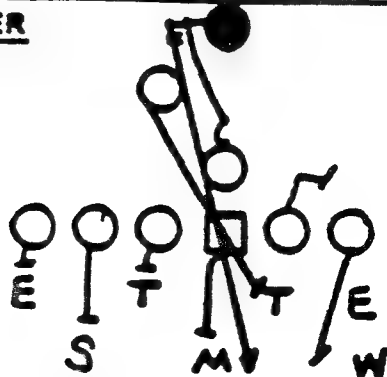
TED



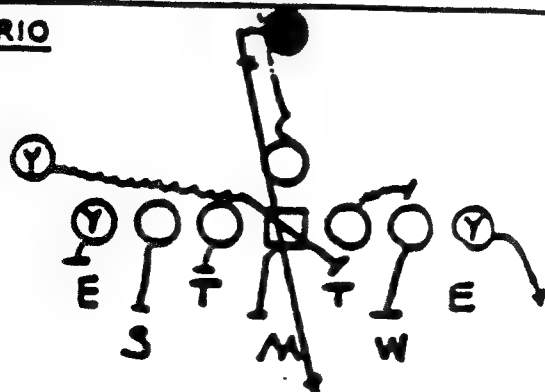
PAIR



"I" OVER



TRIO



- Wham Blocking is a term used to describe a blocking scheme, where an offensive player from off the L.O.S. goes in motion towards the ball and traps one of our defensive linemen (examples shown above).
- To stop this play, the following must happen:
 1. Be alert to formations that the Wham Trap is run. Wham alert is given by Mike and Will.
 2. If motion begins, the MLB and WLB must call out "Wham, "Wham".
 3. The weak 5 tech. end must get a heavy piece of the OT on any down block, and the 2 tech. tackle rip inside and spill the Wham Trap.
 4. The Will LB'er must beat and get underneath the OT's down block.

Personnel Groups

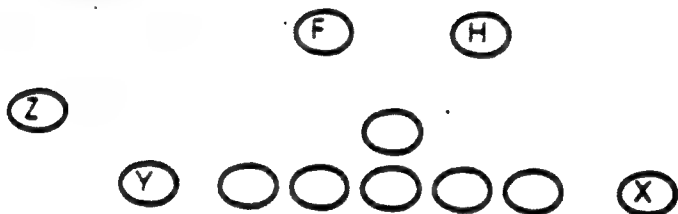
Personnel Groups are how we call the offensive unit on the field when they substitute people. It will determine what sub-package we will use defensively.

Example: 4 WRs and 1 RB may dictate the use of 7 DBs.

PERSONNEL GROUPS

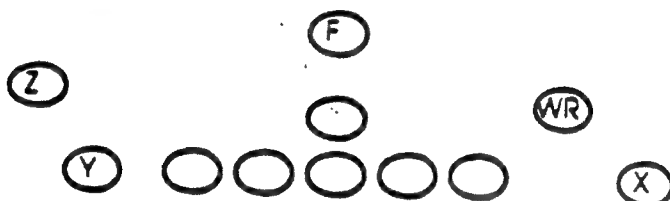
STANDARD

2 WRs
1 TE
2 Backs



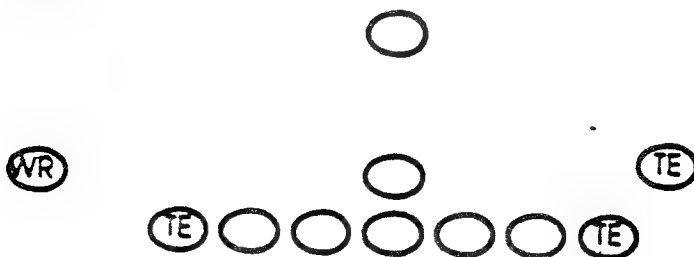
DIAMOND

3 WRs
1 TE
1 Back



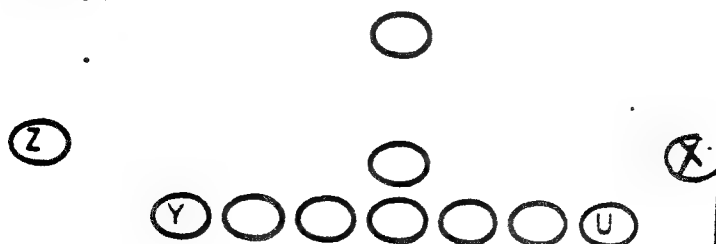
TRIO

3 TEs
1 WR
1 Back



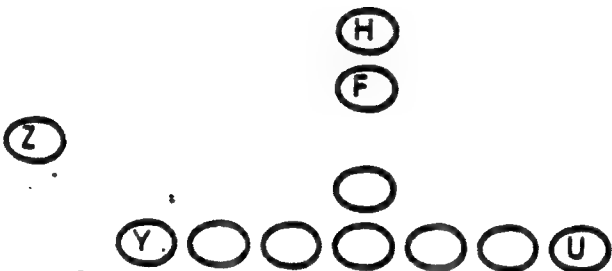
DEUCE

2 WRs
2 TEs
1 Back



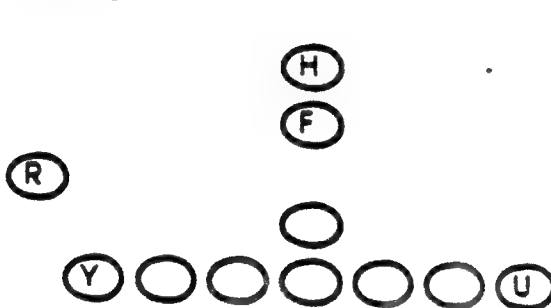
2Y

1 WR
2 TEs
2 Backs



3Y

2 TEs
2 Backs

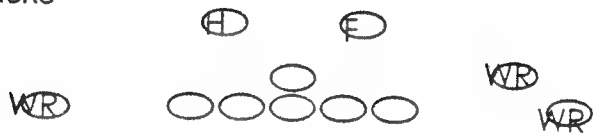


PERSONNEL GROUPS

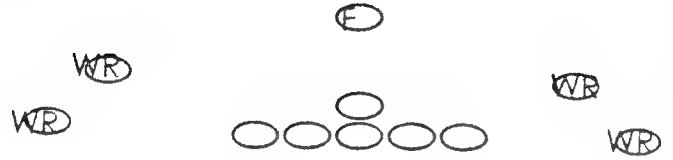
OPAL

3 WRs

2 Backs

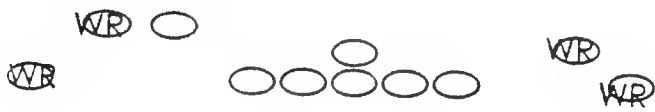


JADE



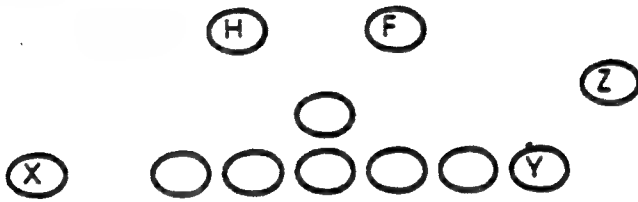
GOLD

5 WRs

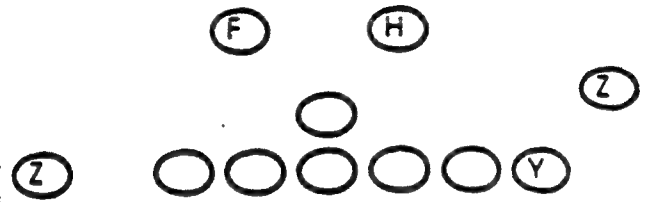


**FORMATION RECOGNITION
STANDARD (REGULAR) PERSONNEL**

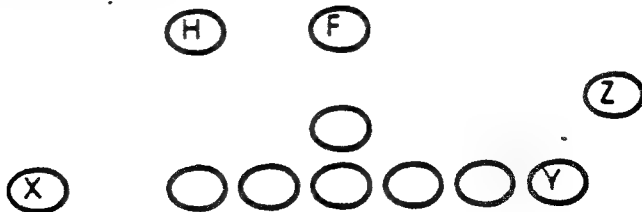
RED RIGHT



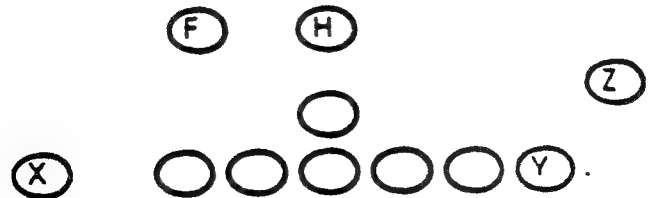
CHANGE RIGHT



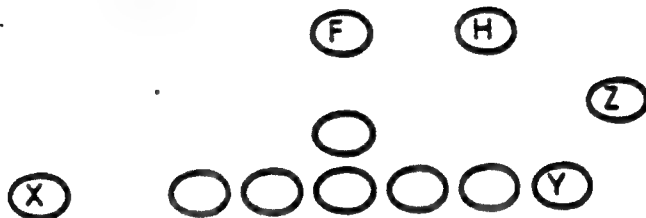
BROWN RIGHT



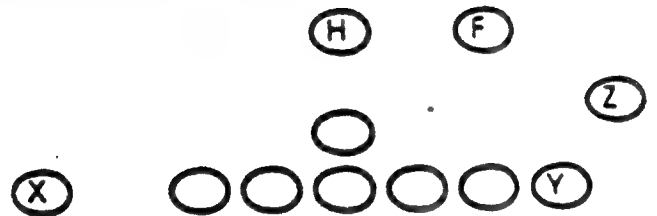
BROWN RIGHT CHANGE



BLUE RIGHT

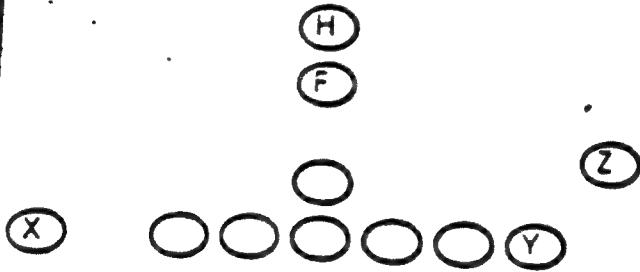


BLUE RIGHT CHANGE

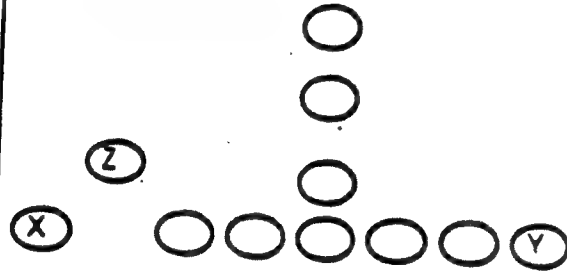


FORMATION RECOGNITION STANDARD (REGULAR) PERSONNEL

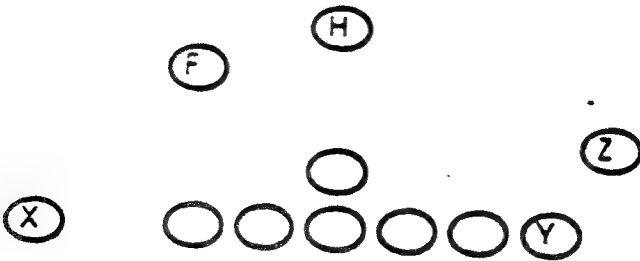
"I" RIGHT



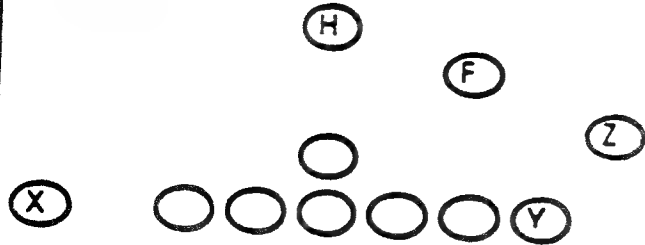
"I" RIGHT SLOT



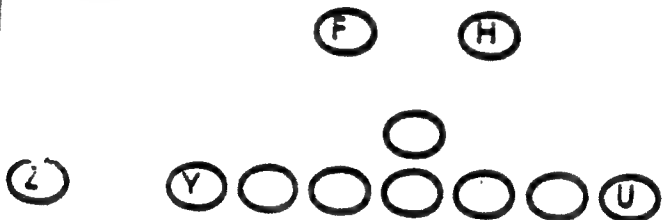
"I" UNDER RIGHT



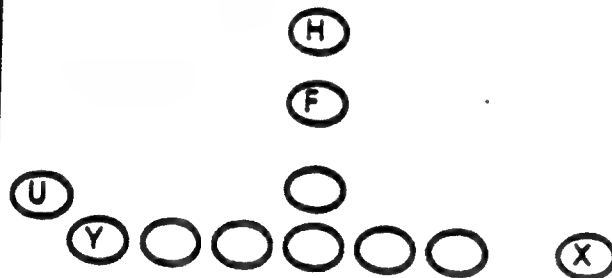
"I" OVER RIGHT



(2Y) RED LEFT



(2Y) PAIR LT "I"





VI. RUN SUPPORT

RUN SUPPORT: STOPPING END RUN AND RUN-PASS

Five Elements of Successful Run Support:

- Force (Contain)
- Fill (Cutback)
- Secondary Leverage (Run-Pass)
- Pursuit
- Reverse and Bootleg Contain (Flow Away)

1. FORCE:

Responsibility of meeting End Run as quickly as possible, squeezing the width of the running lane, forcing the cutback, making the tackle, or forcing the ball carrier to bounce outside so deep that he is vulnerable to pursuit.

Key:

TE, Backfield triangle, OG, OT. See as much as you can. When key indicates run, react quickly.

Technique:

Force at an angle to inside. Try to get 1-2 yards across L.O.S. Meet and neutralize lead blocker before he can turn upfield. Keep outside arm and leg free. Do not trade one for one. Make tackle on ball carrier who bounces outside. If option play, take pitch man.

2. FILL (CUTBACK):

Area between force and pursuit.

Key:

Determined by defense. Blocking pattern of key will indicate End Run.

Technique:

Destroy blocking pattern. Get into position to play fill and hold it. Do not be forced outside cutback area. Be in position to make tackle as force turns ball carrier inside. If option play, take the QB. Fill man will be determined by defensive call or by blocking scheme. It can be Backer, Safety, or Defensive End.

3. SECONDARY LEVERAGE (RUN-PASS)

Corner or Safety who is responsible for play - pass coverage.

Key:

Eligible receiver.

Run Support (Cont.)**Technique:**

If key release, cover him until ball carrier crosses the L.O.S.

If key blocks successfully on force man, support where support is needed. (Replace force man.)

4. PURSUIT:

After fulfilling primary responsibility, each player must get to the ball. Neutralize and release quickly from block. Take proper pursuit angle. The farther you are from the ball, the greater your angle of pursuit. Always be deeper than pursuit man to your outside. Ball carrier should be to your outside. As ball carrier cuts back inside, break down and tackle. Great pursuit is accomplished by great effort and proper angles.

5. STRONG SIDE FLOW (WEAK SIDE REVERSE):

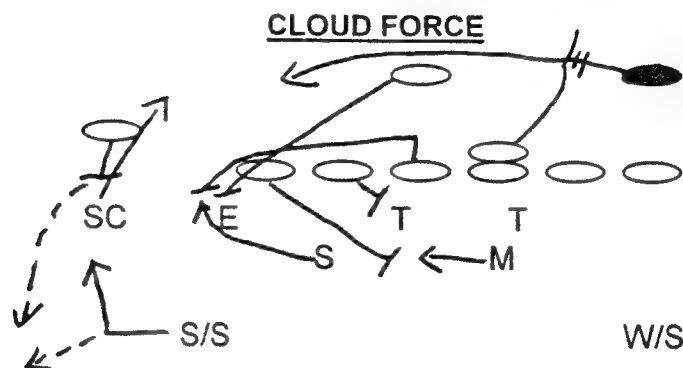
If strong flow, cutback man plus backside Corner and LBer will have Reverse (Bootleg) responsibility to weakside.

6. WEAK SIDE FLOW (STRONG SIDE REVERSE)

Same as above.

TYPES OF FORCE

STRONGSIDE FORCE: On the flanker side, we will have three types of Force. The Strong Safety will be responsible for calling the Force.

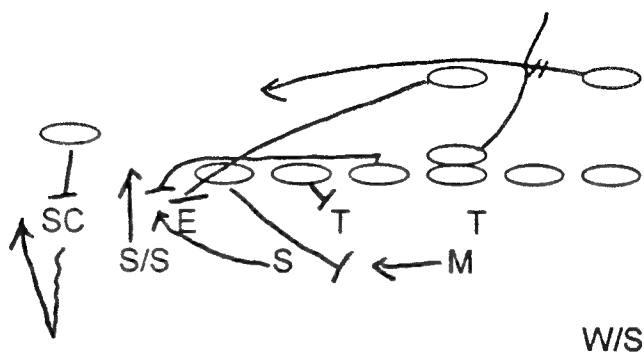


SC-FORCE MAN -- Key TE, Outside Guard and Tackle, Backfield Triangle. If Flanker sets to block you, beat him and squeeze running lane. (C.P. - If play pass shows, keep coming unless contained, then play flat. -- If TE Flex, SC and S/S key OG and Backfield Triangle.)

S/S - RUN PASS -- Key TE, OG and OT, Backfield Triangle. Run Read, rotate and pick up Flanker on release. If flanker blocks SC, support him where necessary. (C.P. - Slot for - SC and S/S key OG and Backfield Triangle.)

DE OR SAM - Fill - determined by scheme -- cut back responsibility.

SKY FORCE



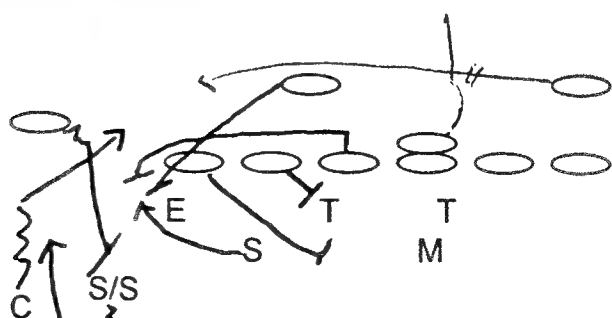
S/S - FORCE MAN - Alignment that allows you to beat Crackback. Key TE, OG and OT and Backfield Triangle.

SC - RUN - PASS - Pass first, support only if Flanker blocks or Ball Carrier crosses L.O. S.

DE or SAM - Fill - Determined by scheme. Cutback responsibility.

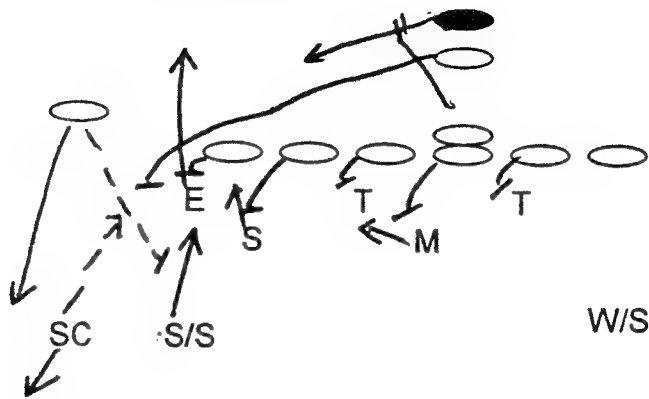
NOTE: Certain coverages will demand a specific type of Force. However, the arbitrary use of Cloud or Sky Force will be game planned by Receiver Split.

CHECK CLOUD



EX:--Use SKY FORCE unless the Flanker is in position to crack block on S/S. (+8 or less) Flanker Zip to close Wing, check to CLOUD FORCE.

BOX FORCE



DE or OLB FORCE

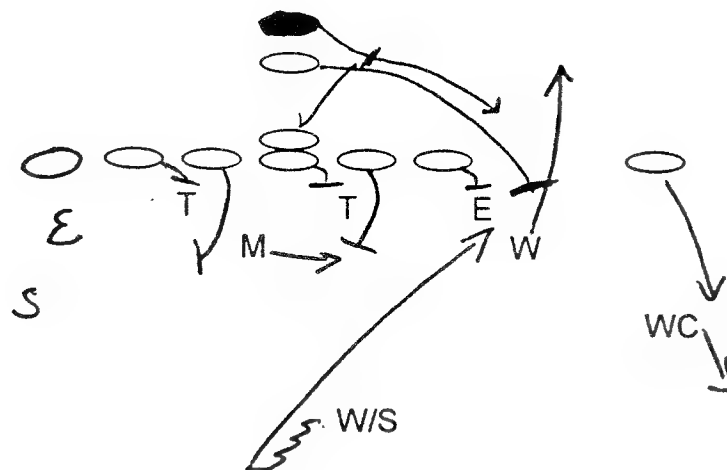
DE or OLB on Man or Blitz coverage is responsible for contain based on defense called.

S/S - FILL MAN - Cutback - Key - TE, OG and OT, Backfield Triangle. You have Cutback on sweep, spillage if Off Tackle play. (C.P. - If TE Flex, key him).

SC - RUN PASS - Pass first, support only if Flanker blocks or Ball Carrier crosses L.O. S.

WEAKSIDE

BACKER FORCE: When in three-deep type coverages, the Linebacker or Defensive End will have Force determined by blocking scheme.





VII . FIRE & FLOOD RULES

FIRE AND FLOOD RULES

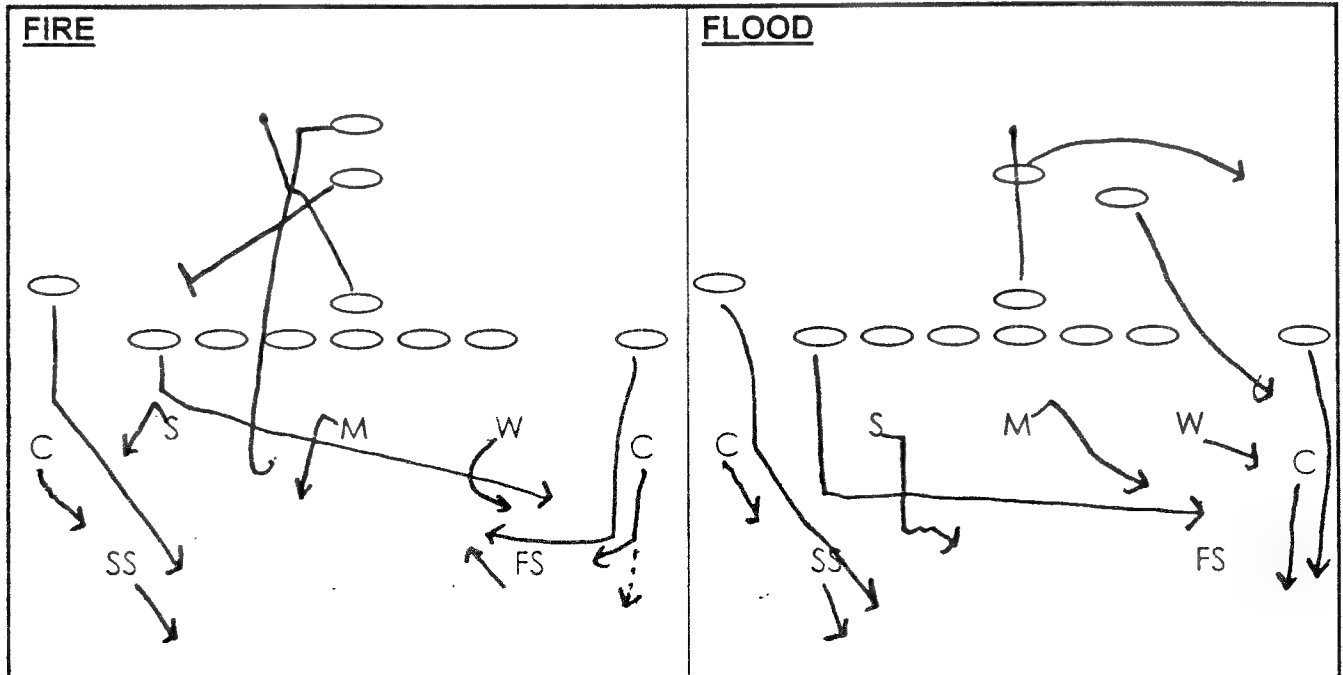
Both Backs flow strong to TE passing strength is Fire Pass.

Both Backs flow weak is Flood Pass.

Both Backs Flow to a backside TE is Flood T.

Backfield set make no difference EX - 1, Brown, Red.

EXAMPLE - DOUBLE SWITCH

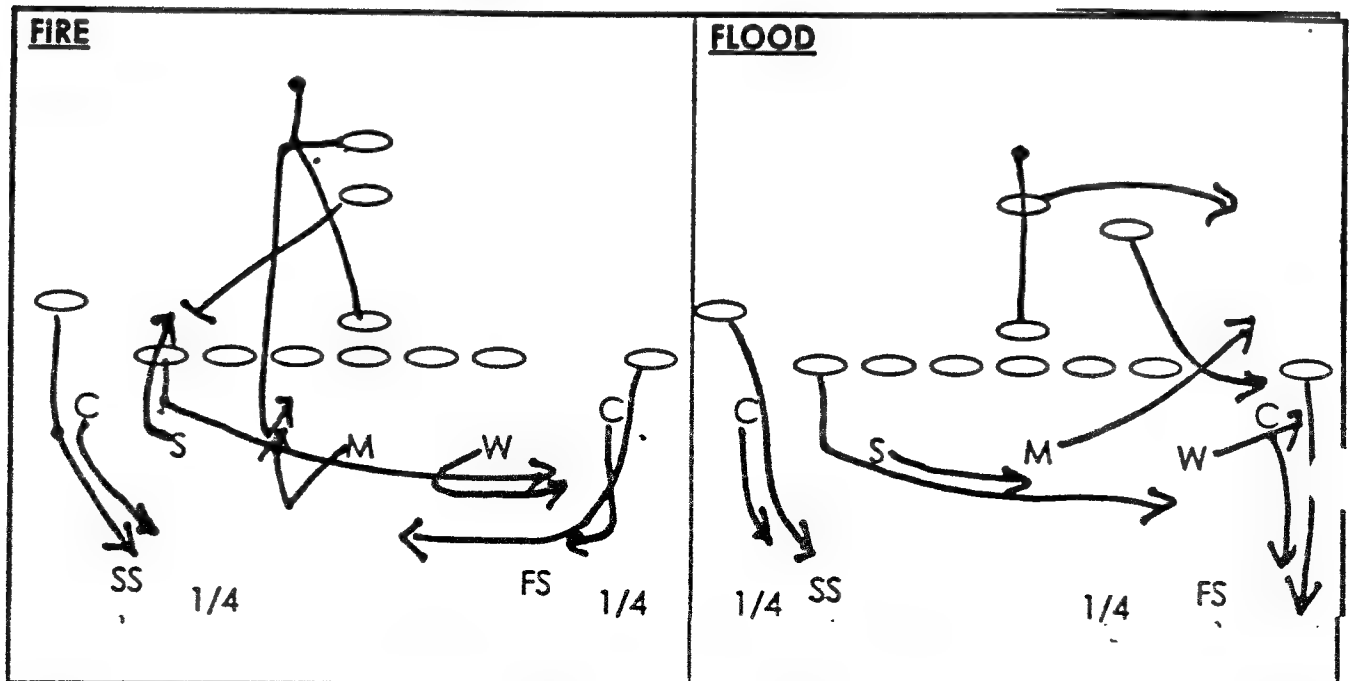


MIKE	Fire - Read. Play run fake - play off inside Back Flood - Mike open to flow - look for crossing of Y or Z.
SAM	Fire - Play run fake - play off widest Back Flood - React to flow - work back to curl
WILL	Fire - Play run read - look for short crosser Flood - React to run - play normal coverage and look for crosser.
STRONG CORNER	Fire - Normal DS techniques Flood - Normal DS techniques.
STRONG SAFETY	Fire - Normal DS techniques Flood - Normal DS techniques
FREE SAFETY	Fire - Normal DS techniques Flood - Normal DS techniques
WEAK CORNER	Fire - Normal DS techniques Flood - Normal DS techniques

FIRE AND FLOOD RULES

*CP With an man coverage, unless in Banjo situation, everyone covers their specific man with Fire and Flood.

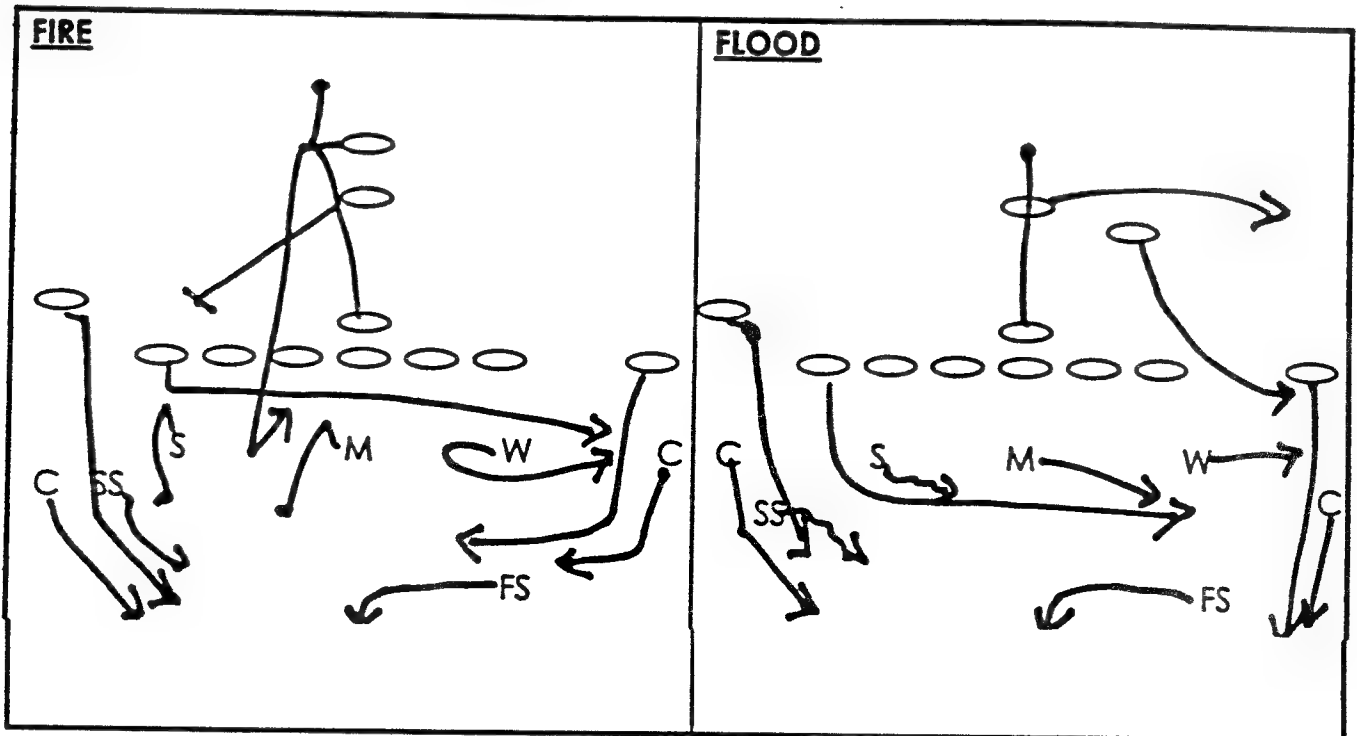
EXAMPLE - DS MAN



MIKE	Fire - Banjo with Sam, cover #3 strong or HB Flood - Banjo with Will or F and H.
SAM	Fire - Banjo with Mike, hug technique on F. Flood - Man to man to TE
WILL	Fire - Banjo with Mike; pick up TE cross Flood - Banjo with Mike; cover #2 outside weak
STRONG CORNER	Fire - DS Man rules Flood - DS Man rules
STRONG SAFETY	Fire - DS Man rules Flood - DS Man rules
FREE SAFETY	Fire - DS Man rules Flood - DS Man rules
WEAK CORNER	Fire - DS Man rules Flood - DS Man rules

FIRE AND FLOOD RULES

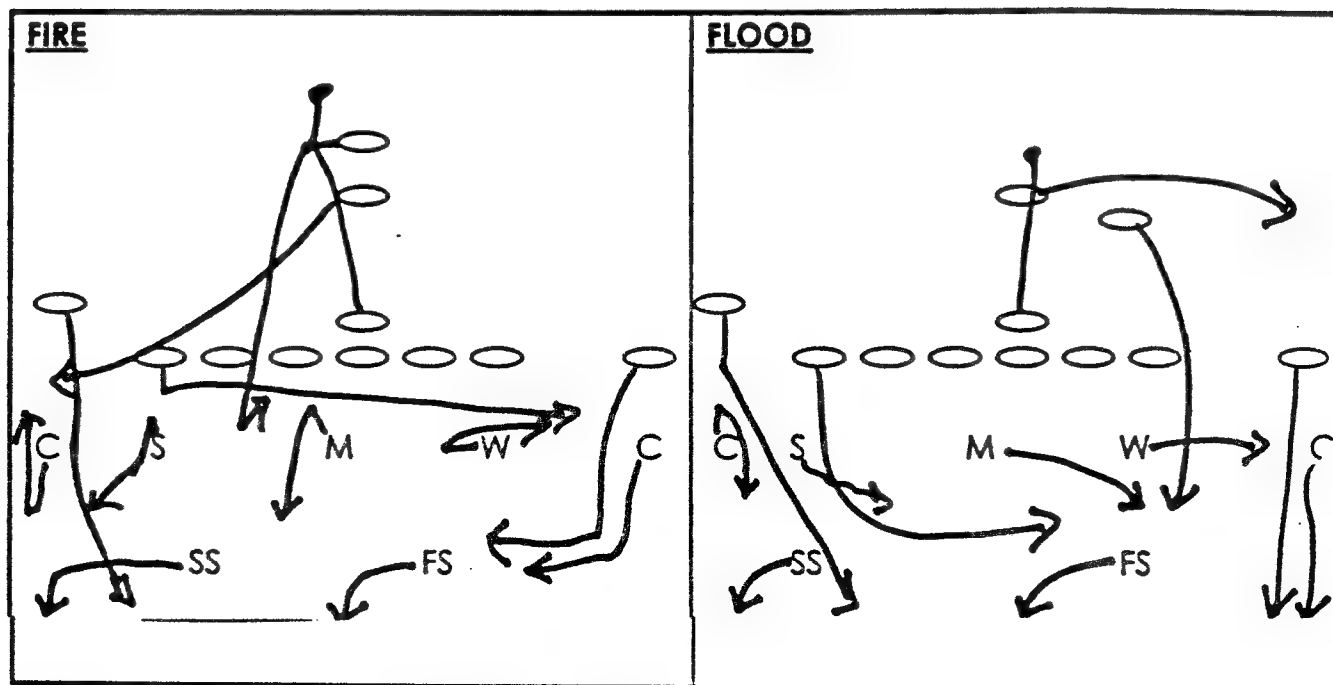
EXAMPLE - COVER 3 X



MIKE	Fire - Same rules as DS Flood - Same rules as DS
SAM	Fire - Same rules as DS Flood - Same rules as DS
WILL	Fire - Same rules as DS Flood - Same rules as DS
STRONG CORNER	Fire - Normal Cover 3X techniques Flood - Normal Cover 3X techniques
STRONG SAFETY	Fire - Normal Cover 3X techniques Flood - Normal Cover 3X techniques
FREE SAFETY	Fire - Normal Cover 3X techniques Flood - Normal Cover 3X techniques
WEAK CORNER	Fire - Normal Cover 3X techniques Flood - Normal Cover 3X techniques

FIRE AND FLOOD RULES

EXAMPLE - KICK



MIKE	Fire - Same rules as DS Flood - Same rules as DS
SAM	Fire - Play run read then strong curl. Flood - Same rules as DS
WILL	Fire - Same rules as DS Flood - Same rules as DS
STRONG CORNER	Fire - Normal Cover Kick techniques Flood - Normal Cover Kick techniques
STRONG SAFETY	Fire - Normal Cover Kick techniques Flood - Normal Cover Kick techniques
FREE SAFETY	Fire - Normal Cover Kick techniques Flood - Normal Cover Kick techniques
WEAK CORNER	Fire - Normal Cover Kick techniques Flood - Normal Cover Kick techniques

NOTES



VIII . SUB PACKAGE
QUARTER

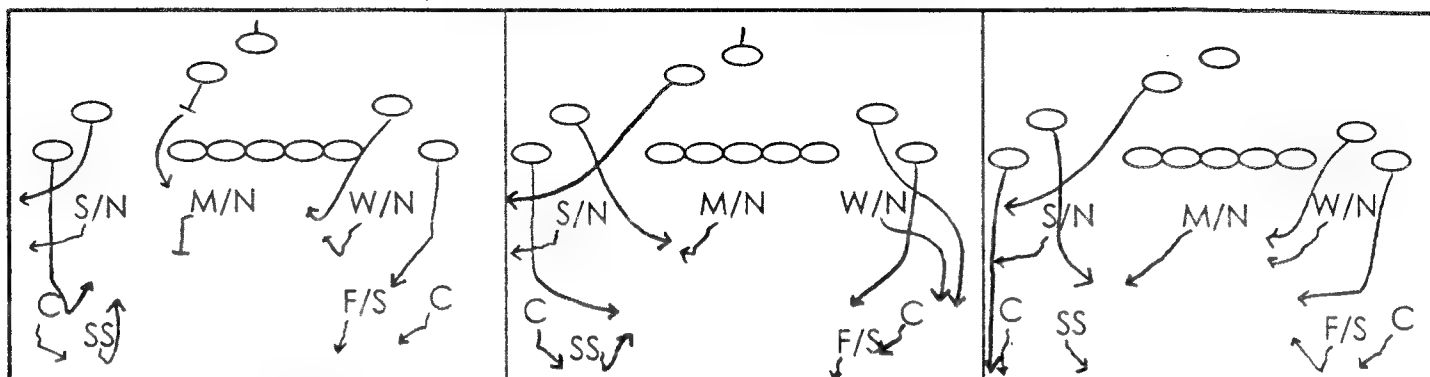
SUB PACKAGE

When the offense makes substitutions of people, we must be prepared to match up physically. When Nickel, Dime or Quarter is said, it will indicate a pass rushing front of 4 down linemen. **SAM** out **SAM Nickel** in (Nickel). **SAM** out. **WILL** out - **SAM Nickel, WILL Nickel** in (Dime). **SAM MIKE WILL** out, **SAM Nickel, MIKE Nickel, WILL Nickel** in (Quarter).

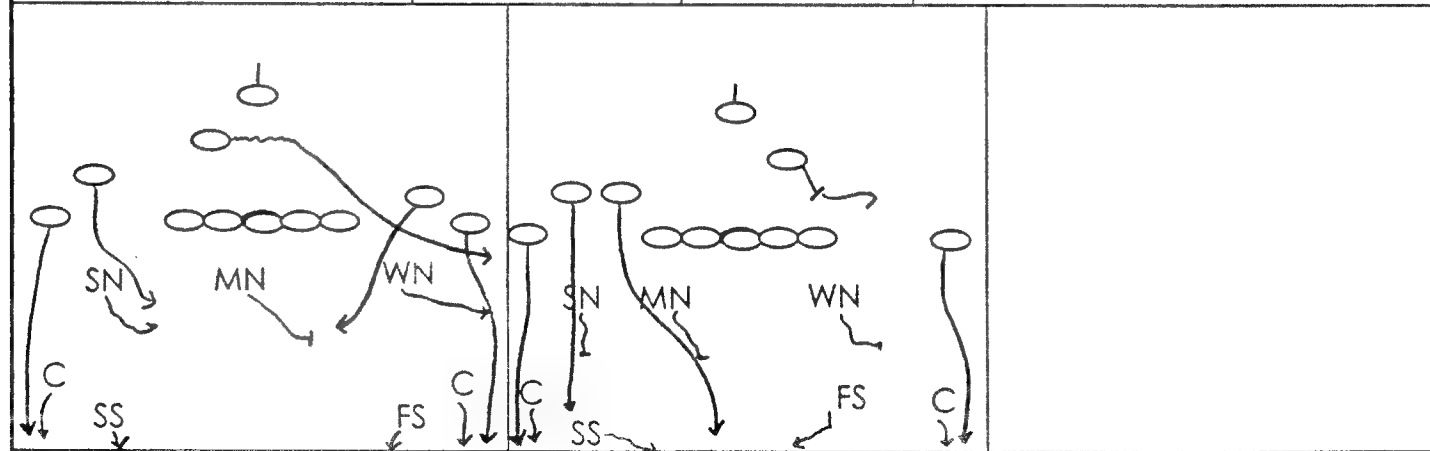
Once all personnel are in the huddle, a front, plus possible games, and coverage will be called as normal.

EXAMPLE: 40 Go Lock Cha Cha DS ✓ Kick

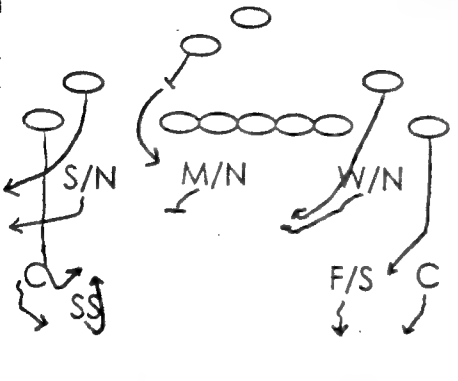
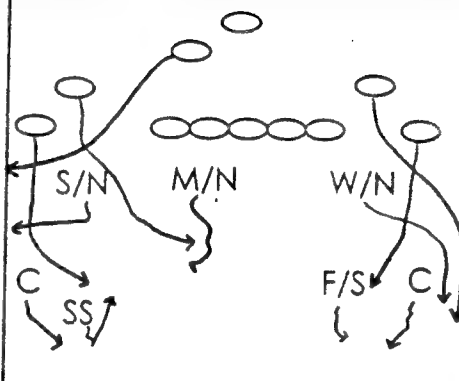
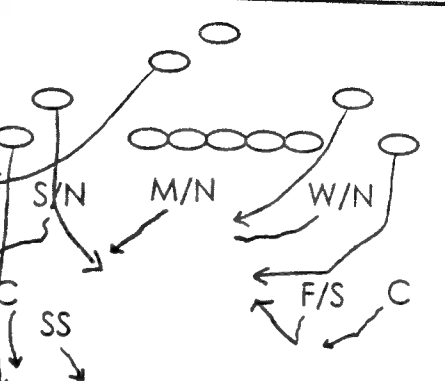
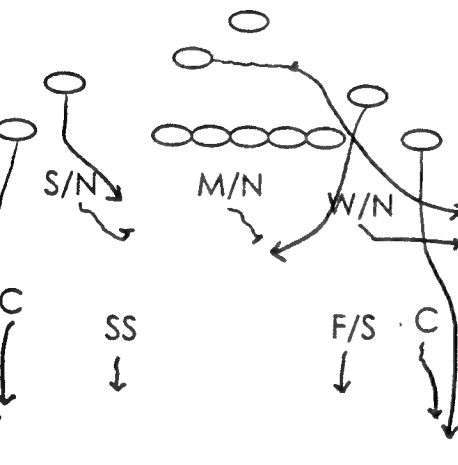
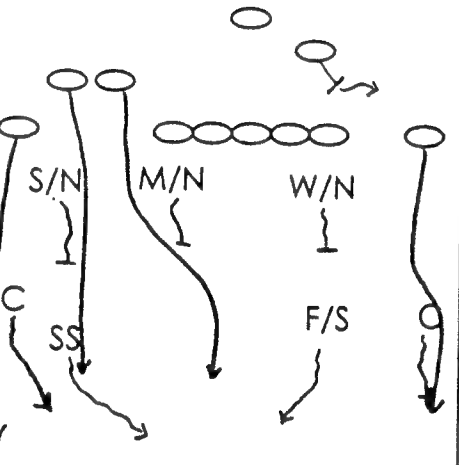
QUARTER -DOUBLE SWITCH



Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky (Alert for Crack replace.)	Outside 1/4	1. Man to Man 10 yards or deeper. 2. Alert Wheel call.
Strong Safety	+2 on Y +10 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	1. Key #2. If vertical route, play over the top of him. (Inside 1/4). 2. If #2 runs Shoot, play underneath all inside routes of #1 (Post-Curl) 3. If #2 crosses, get depth in inside 1/4. Alert for 3 or help on #1.
Free Safety	+2 On Weak Tackle +10 to +12 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	1. Same as SS. 2. If weak back blocks, Zone inside 1/4, check #3 strong, help #1. 3. Alert Wheel call.
Weak Corner	I/S +7 On #1	Sky (Alert for Crack replace)	Outside 1/4	1. Same as strong corner. 2. Alert Wheel call.



QUARTER - DOUBLE SWITCH

					
Position	Alignment	End Run Force	Pass Technique	Coaching Points	
SAM NICKEL	Front will dictate. COS motion=Bump	Sky Go calls No line calls for Run Gaps	Curl to flat on #2 or who becomes #2. Play middle tech if #3 your side or neutral and steps to you.	<ol style="list-style-type: none"> 1. Key #2 & #3 run or pass. If #2 or #3 runs Shoot route, immediately cover him. If he turns up, cover deep. 2. Play inside and over the top of whoever becomes #2. 3. Vs. Trips, cover down on #2 and give end FB call. 	
MIKE NICKEL	Front will dictate. COS Mot = Bump	Sky Go call- no call No "Go" call, Yoke = Tops	Strong Hook (Read route progression)	<ol style="list-style-type: none"> 1. Work to strong hook and read #2/#3 progression. 2. If #3 aligned runs up, cover him. 3. Vs Trips, cover down on #3 strong. 	
WILL NICKEL	Front will dictate. COS Mot = Bump	Sky Go Calls. No line calls for Run Gaps.	Curl to flat on #2 or whoever becomes #2.	<ol style="list-style-type: none"> 1. Same as Sam. 2. Mid Tech if #3 comes to your side. 3. Cover down on #2 Weak. 4. Alert Wheel call; play curl. 	
				<p style="text-align: center;">China</p> <p>Corner Press = Corner stay on China. Nickel play China in and undercut corner route. Corner Off – Nickel Buzz China on recognition. (Corner has Corner Rt, Safety Drives China In.)</p> <p><u>Stacks Strong</u> S/N - Flat Def – Buzz #'s 5 yds. Play O/S In M/N – 3-2 Play off #3 4-1 landmark midway hash & #'s W/N – 3-2 C/F #2 4-1 1st crosser</p>	

QUARTER - COVER 3 EXCHANGE

Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky	Outside 1/3 (Clue)	<ol style="list-style-type: none"> 1. M-M in zone unless 2 Up. 2. Vs 2 Up Clue Tech - Zone off QB.
Strong Safety	+2/ On Slot +10 Disguise	Sky	Mirror the Slot	<ol style="list-style-type: none"> 1. Play Slot as if 2 Backs – 3X
Free Safety	+2 On Tackle +10 to +12	Backer	Middle 1/3	<ol style="list-style-type: none"> 1. Work quickly to middle of formation. 2. Get depth and read QB 3. Don't jump intermediate routes.
Weak Corner	Same as C3	Backer	Outside 1/3 Clue	<ol style="list-style-type: none"> 1. Same as Strong Corner.

QUARTER - COVER 3 EXCHANGE

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Sky	Middle & Buzz	<ol style="list-style-type: none"> 1. Play middle and Buzz SS your side 6 yards from SL. 2. Walk call COS Mot same as WN.
MIKE NICKEL	Front will dictate	Same as C3	Hook to Curl off #3.	
WILL NICKEL	Front will dictate	Same as C3	Same as Double Switch	<ol style="list-style-type: none"> 1. Same as Double Switch. 2. Walk Call – WR align O/S #'s = WN 5 yds deep top #'s; WR I/S # = WN Press.

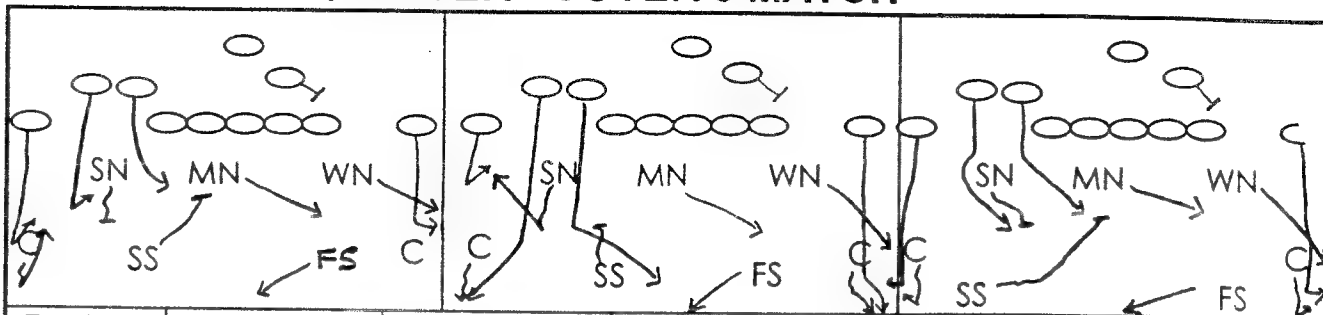
QUARTER - COVER 3 KICK

Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Kick	Kick	<ol style="list-style-type: none"> 1. If inside release, bait inside and read #2/#3 progression. 2. #2 to flat, jump him. 3. If #1 outside release, bait and read #2/#3 progression. 4. No #2/#3 to flat, get depth and squeeze #1. 5. #2 through zone, cover him.
Strong Safety	Split #1 & #2	Kick	Outside 1/3 or middle 1/3 on Read	<ol style="list-style-type: none"> 1. Drive to outside 1/3. 2. Key #1 release. If outside, work to inside shoulder and Clue 3. If #1 inside, exit to #'s and Clue. 4. If Kick Weak play 1/4 Tech Strong, if Trips Zone Call.
Free Safety	+2 On Tackle +10 to +12	Backer	Middle 1/3 or outside 1/3 on Read	<ol style="list-style-type: none"> 1. Same as C3X. 2. We can run C3 Kick weak. Play SS rules. SS will play 1/4 Tech. 3. Strong and Weak will be determined by formation and backfield set.
Weak Corner	1/+7 On #1	Backer	Same as C3 Clue	<ol style="list-style-type: none"> 1. Same as C3X. 2. If Kick weak, play strong corner rules.

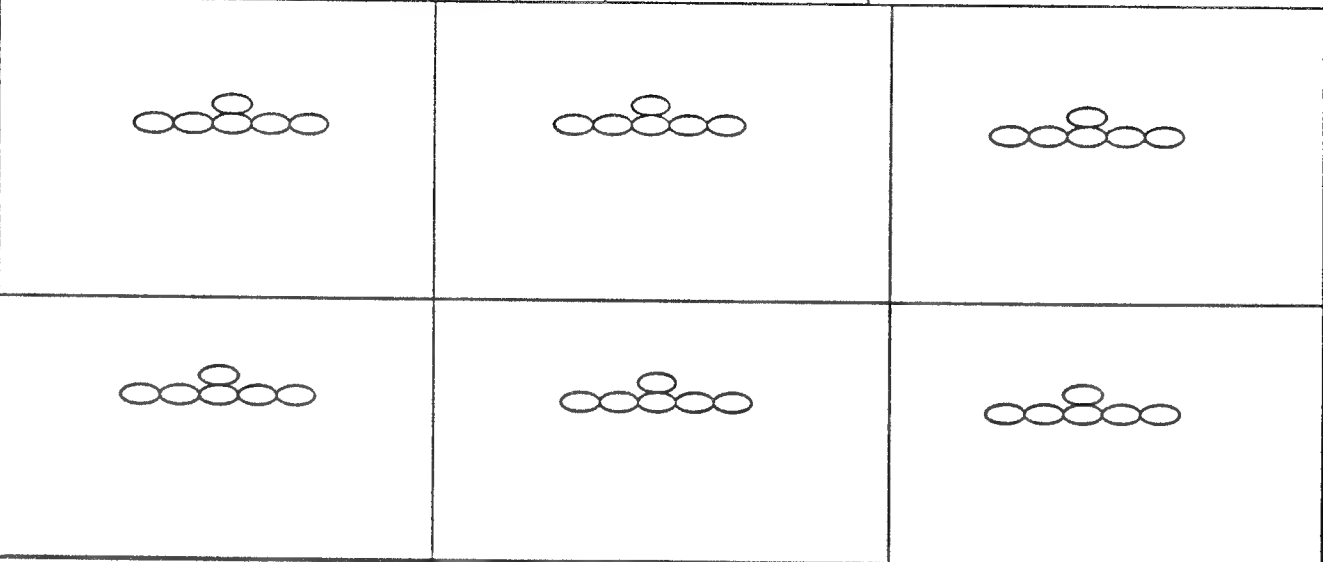
QUARTER - COVER 3 KICK

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Kick	Curl-Drop off #2 or whoever becomes #2	1. Cover down on #2 2. If #2 runs corner route, lock on him.
MIKE NICKEL	Front will dictate	Kick	Same as Double Switch	1. Same as Double Switch.
WILL NICKEL	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch.

QUARTER - COVER 3 MATCH



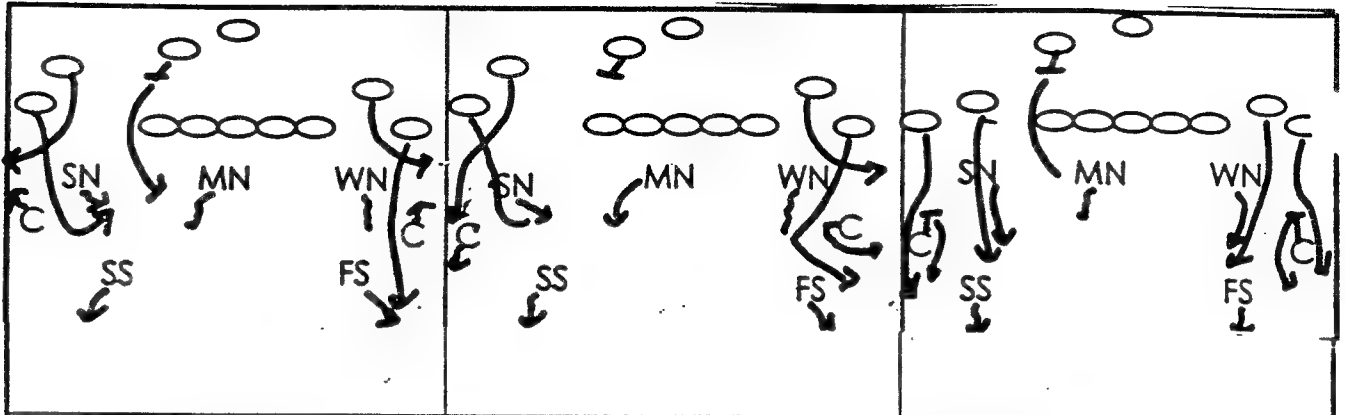
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1 (Use Split rules)	Sky (Alert for Crack replace)	Outside 1/3 (Clue)	1. M-M in zone unless 2 Up. 2. Vs 2 Up Clue Tech - Zone off QB.
Strong Safety	+2 / on Y +10 Disguise	Sky (Alert for Crack)	Hook to Curl	1. Drop off #3 Inside/Out
Free Safety	+2 / On Weak Tackle +12 Disguise	Backer	Middle 1/3	1. Work quickly to middle of formation. 2. Get depth and read QB 3. Don't jump intermediate routes. 4. Know #1's splits and be alert for Quick Posts.
Weak Corner	I/S / +7 On #1 (Use Split rules)	Backer (Alert for Crack replace)	Outside 1/3 Clue technique	1. Same as strong corner, except you have underneath help on #1.



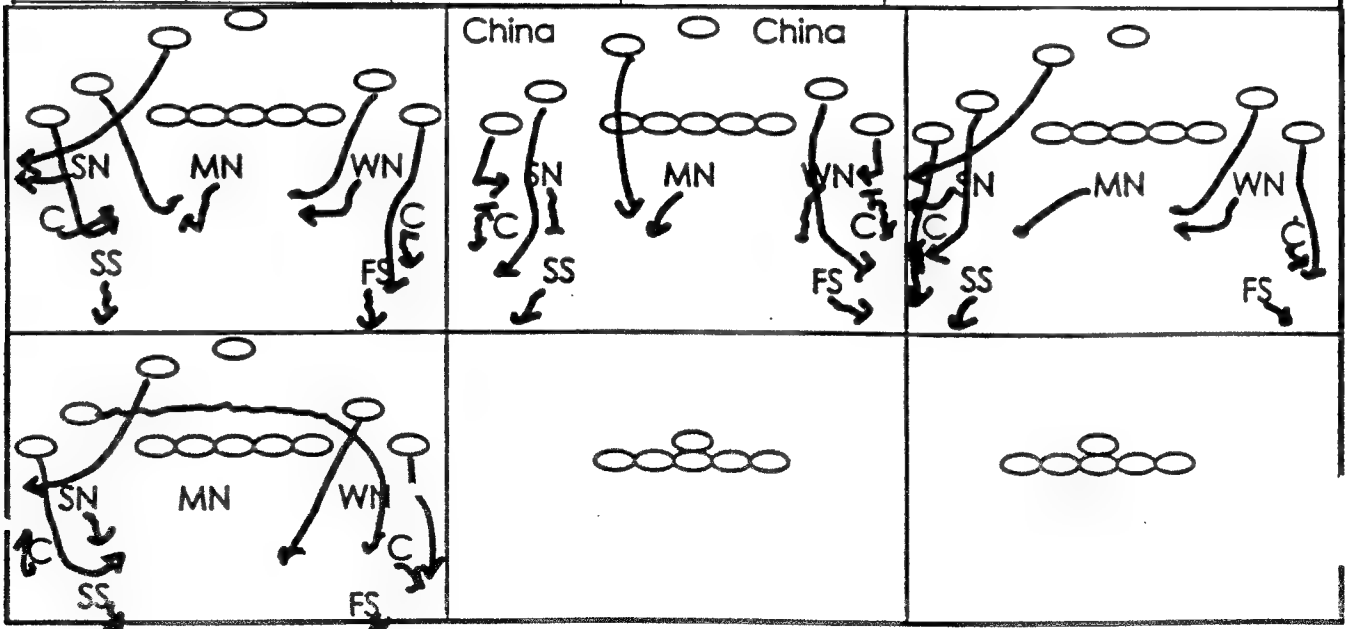
QUARTER - COVER 3 MATCH

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Sky	Curl/Flat (Double Switch)	<ol style="list-style-type: none"> 1. Drop off #2 2. If #2 releases vertical or inside, squeeze.
MIKE NICKEL	Front will dictate	Sky	Weak Hook to Curl off # 2 Weak	<ol style="list-style-type: none"> 1. Drop off #2 weak release. If Shoot, work to Curl. 2. If #2 runs vertical or crosses, sit on top of #2. 3. If #2 blocks, get depth and read QB.
WILL NICKEL	Front will dictate	Sky	Buzz Flat	<ol style="list-style-type: none"> 1. 6 yds I/S sideline stick depth, or, 8-12 yards.

QUARTER - SINK



Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	O/S +7 On #1	Cloud	Sink	Flat responsibility. Key #2. If #2 is out, sink for post corner and break up on throw. Run with #2 through zone. If #2 is up, You are up.
Strong Safety	+2 / #'s +14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 & #3 for total picture. If #2 is up, maintain position 2 yds inside numbers & break on ball. If #2 blocks or is out, lean on #1. Do not forget #3. Get plenty of depth.
Free Safety	+2/#'s +14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 for total picture. If #2 is up, maintain position 2 yds inside numbers and break on ball. If #2 blocks or is out, lean on #1. Do not forget #2 & #3 strong. Get plenty of depth.
Weak Corner	O/S +7 On #1	Cloud	Sink	Fiat responsibility. Key #2. If #2 is out, sink for Post corner and break up on throw. Run with #2 through zone. If #2 is up, you are up.



QUARTER - SINK

11

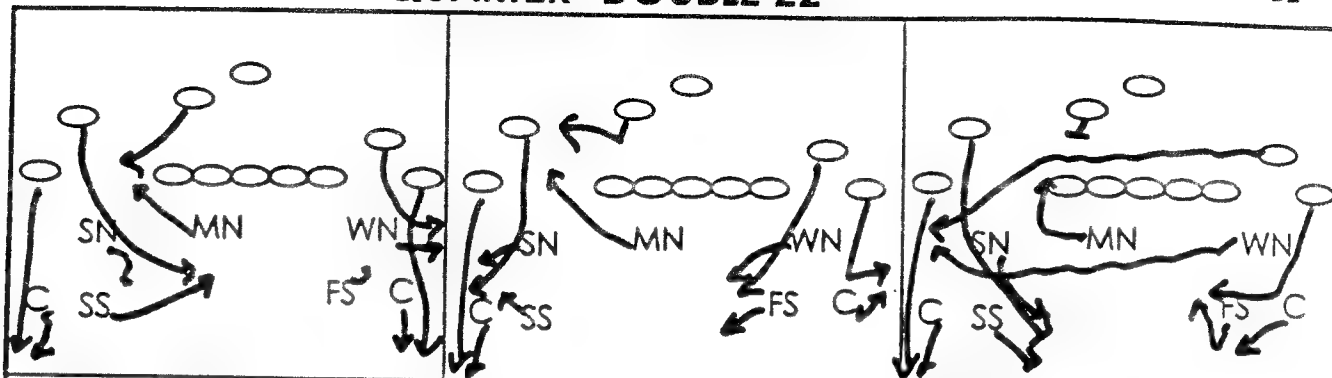
Position	Alignment	End Run Force	Pass Technique	Coaching Points						
SAM NICKEL	Front will dictate	Cloud	1. Cover down on #2 Strong 2. Drop to curl on #2 or whoever becomes #2	1. <u>Never</u> let #2 inside once he releases up field through your zone. 2. If #2 releases inside on snap, give Mike "In" call and zone off whoever becomes #2. Be alert to expand with #3. 3. Be alert for China or in call.						
MIKE NICKEL	Front will dictate	Cloud	1. Cover down on #3. 2. Drop to strong hook. 3. Read route progression.	1. If Sam gives In call, wall off #3 & run up. You must carry any crosser. 2. If #2 releases outside, drop off #3 and stay on top of #3 release. 3. Be alert for China or in call.						
WILL NICKEL	Front will dictate	Cloud	1. Cover down on #2 weak. 2. Drop to weak curl on #2 or whoever becomes #2.	1. If #2 runs up through your zone, wall him off and run up with him. 2. If #2 runs to flat or blocks, drop to curl. 3. If #2 makes you remove from your alignment, give Mike "I'm gone." 4. Be alert for China or In call.						
			China				China			

QUARTER - DOUBLE 22

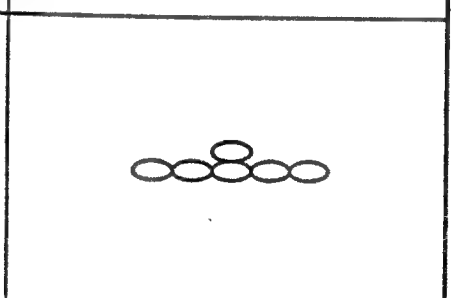
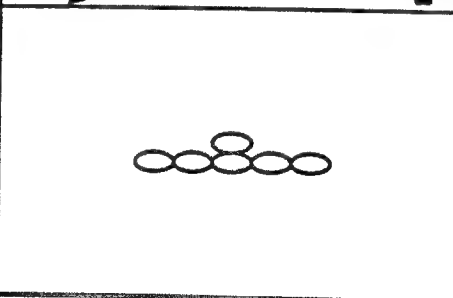
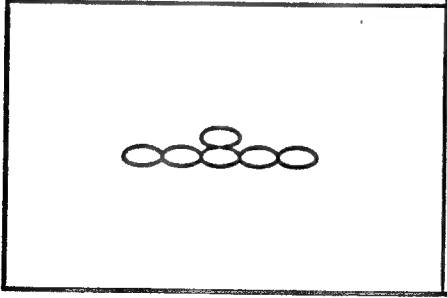
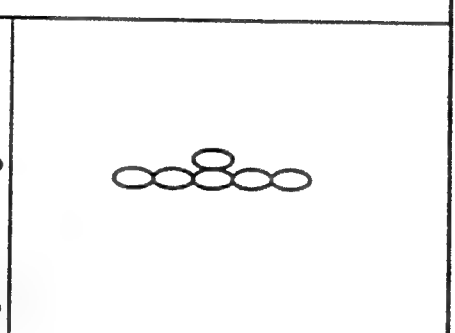
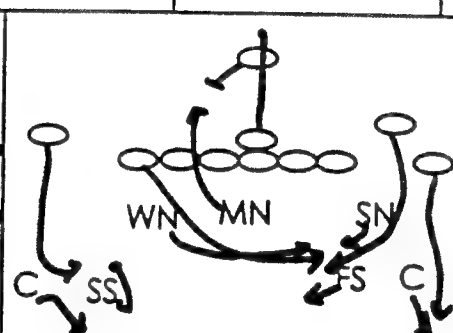
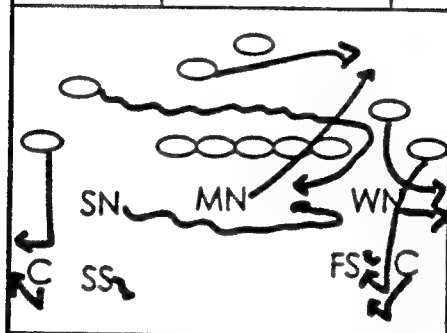
Position	Alignment	End Run Force	Pass Technique	Coaching Points				
Strong Corner	I/S +7 On #1 (Possible Press)	Box	Inside M/M on #1	1. Same as Blitz coverage. 2. No corners over. 3. Banjo Wheel split with Nickel and play like 2 Man.				
Strong Safety	O/S +10 on #2	Box	M/M on #2	1. #2 Vertical M/M 2. #2 immediate cross Jump it. 3. #2 Shoot – Free up Zone QB.				
Free Safety	I/S +10 on #2	Box	M/M on #2	1. #2 Vertical M/M. 2. #2 immediate cross Jump it. 3. #2 Shoot – Free up Zone QB.				
Weak Corner	I/S +7 On #1 (Possible Press)	Box	Inside M/M on #2	1. Same as Strong Corner.				

QUARTER -DOUBLE 22

21



Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	I/S +3 On #2 (Possible Press)	Box	M/M on #2 Strong Middle technique	1. Middle Technique. 2. Motion, cover inside M/M; no deep help. 3. Banjo wheel split and play like 2 man. 4. Man blocks, hug.
MIKE NICKEL	Cover down on #3 strong or remaining back	Box	Inside M/M on #3 strong or remaining back	1. Man blocks, hug. 2. No bump with Sam and Will Nickel. 3. No Banjo.
WILL NICKEL	I/S +5 On #2 (Possible Press)	Box	M/M on #2 Weak Middle technique	1. Same as Sam Nickel 2. Vs Trips, cover #3 strong inside M/M; no deep help. 3. Man blocks, hug. 4. Banjo Wheel Split and play like 2 man.



QUARTER BLITZ RULES

BLITZ

Corners	=	#1s
Safeties	=	Blitzing
SN	=	#2 Pass Str.
WN	=	#2 Away Pass Str.
MN	=	RB

BLITZ FREE

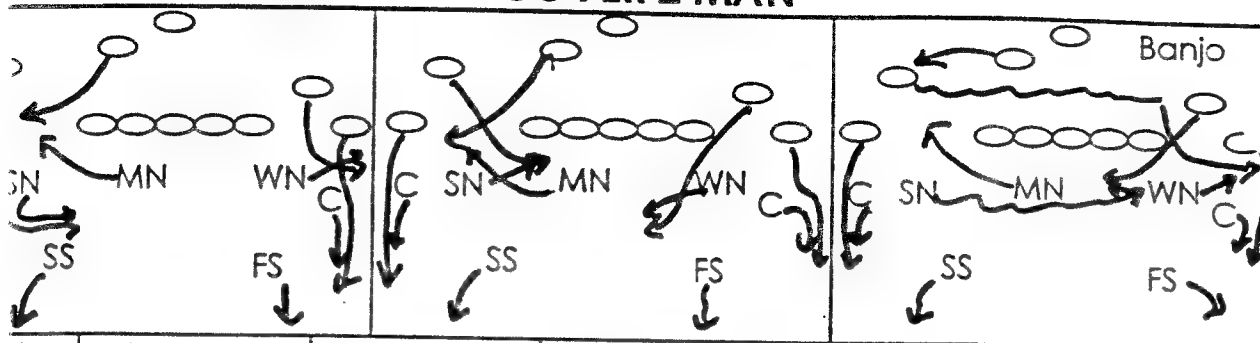
Corners	=	#1s
FS	=	RB
SS	=	TE or 2 away from passing strength
SN	=	#2 passing strength

BLITZ STRONG

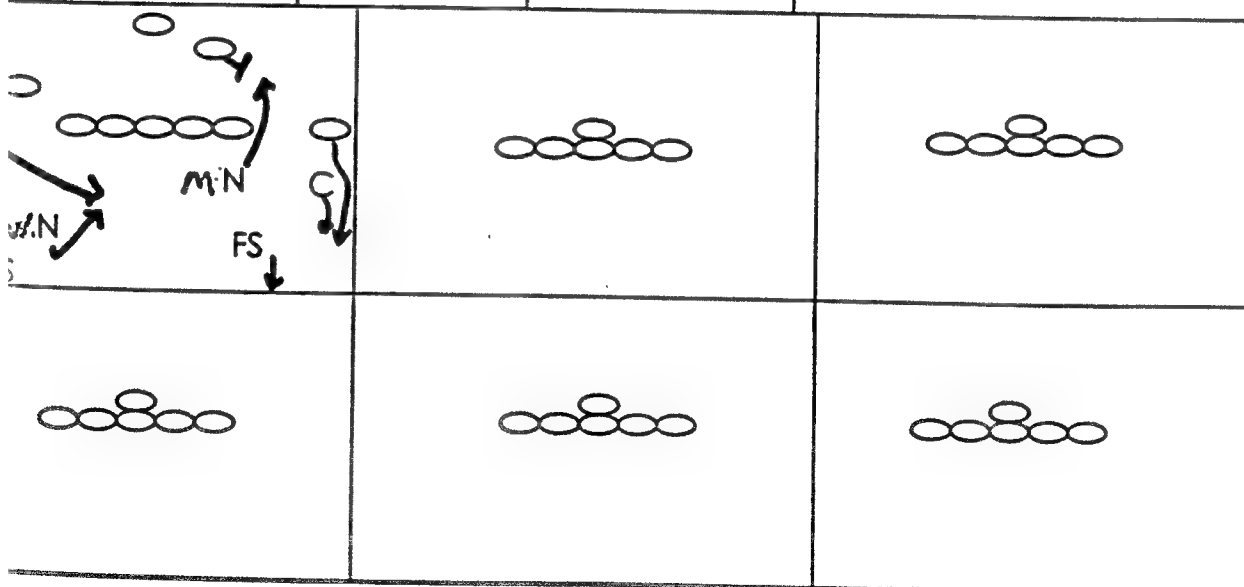
Corners	=	#1s
FS	=	#2 away from passing strength
SS	=	RB
SN	=	#2 passing strength

QUARTER - COVER 2 MAN

22



Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	Press Alignment H	Late Sky	Trail Technique (Alert for Banjo rules)	<ol style="list-style-type: none"> 1. Trail M/M on #1 2. Re-route and get into Trail position. 3. Keep total concentration on inside hip of receiver. 4. Maintain inside position on hip throughout route. 5. Know you have deep help and maintain your outside foot on receivers inside foot. 1 yard reverse cushion. 6. Alert to Banjo rules.
Strong Safety	+3/ on Y +14	Late Sky	Deep 1/2 field	<ol style="list-style-type: none"> 1. Play like Cover 2. Know inside routes are trying to be taken away.
Wide Safety	+3 on T +14	Lake Sky	Deep 1/2 field	<ol style="list-style-type: none"> 1. Play like Cover 2. Know inside routes are trying to be taken away.
Free Safety	Press Alignment H	Late Sky	Trail technique (Alert for Banjo Rules)	<ol style="list-style-type: none"> 1. Same as Strong Corner



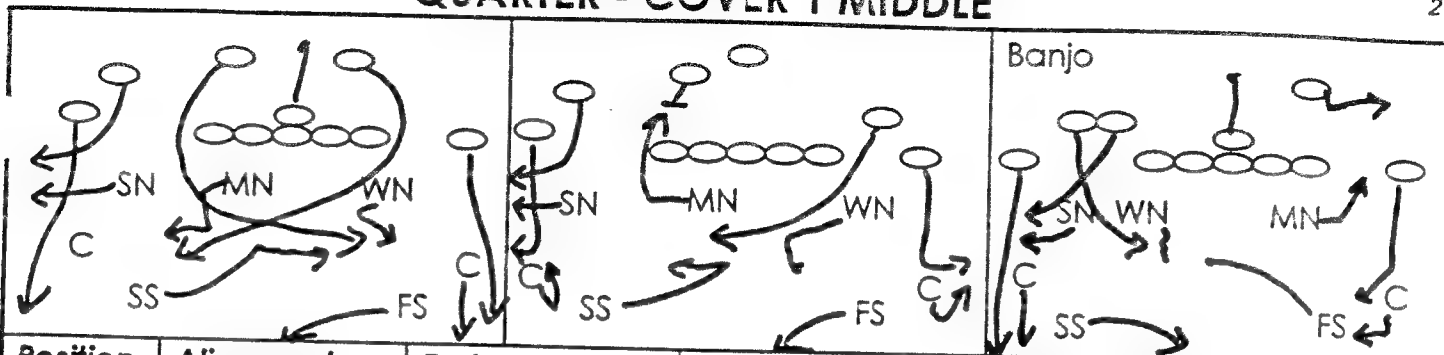
QUARTER -COVER 2 MAN

23

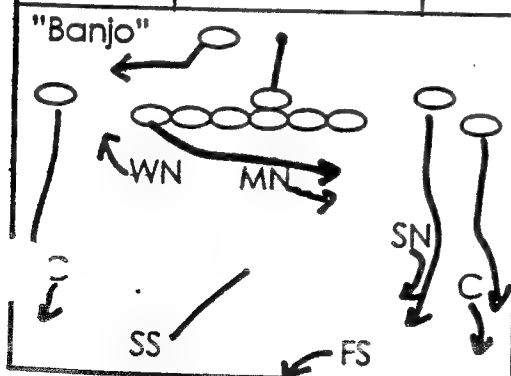
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Late Sky	<ol style="list-style-type: none"> 1. Cover down on #2 Strong. 2. Alert Mike for possible Banjo. 	<ol style="list-style-type: none"> 1. If no Banjo, work inside out on #2 jam and trail. 2. If your man blocks, hug. 3. If Banjo with Mike, make You/Me call on #2 receiver's release. 4. Blue/1 formation, be alert for 3-way Banjo.
MIKE NICKEL	Front will dictate	Late Sky	<ol style="list-style-type: none"> 1. Cover down on #3 weak. 2. Be alert for possible Banjo. 	<ol style="list-style-type: none"> 1. If no Banjo, work inside out on #3 strong, jam and trail. 2. If your man blocks, hug. 3. Blue/1 formation, be alert for 3-way Banjo
WILL NICKEL	Front will dictate	Late Sky	<ol style="list-style-type: none"> 1. Cover down on #2 weak. 2. Be alert for possible Banjo on Brown or Double Set. 	<ol style="list-style-type: none"> 1. If no Banjo, work inside out on #2 jam and trail. 2. If your man blocks, hug. 3. Blue/1 formation sets, be alert for 3-way Banjo.

QUARTER - COVER 1 MIDDLE

2

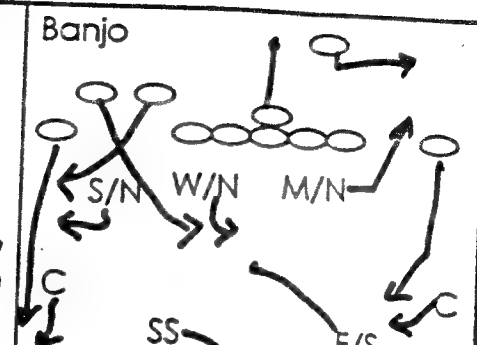
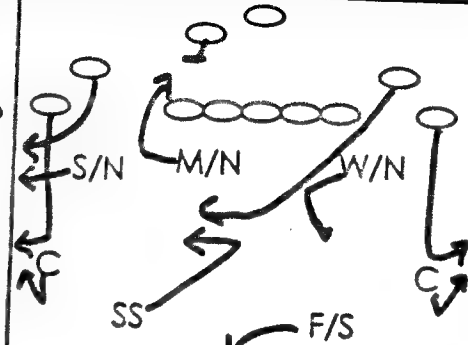
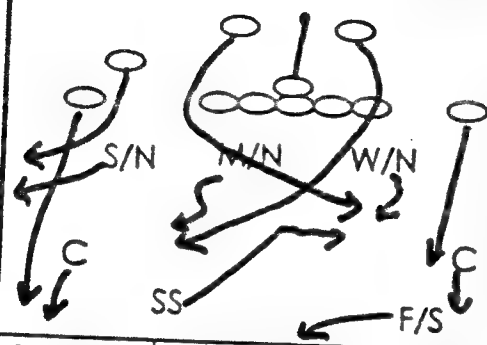


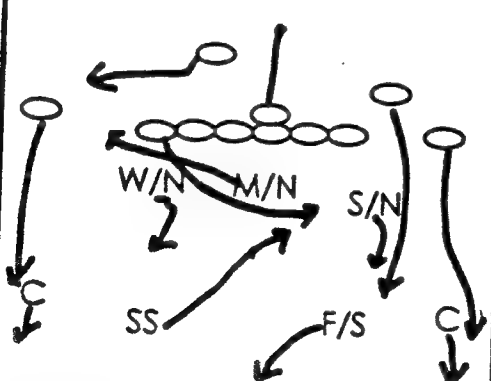
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1 Possible Press	Box	Inside M/M on #1	<ol style="list-style-type: none"> 1. M/M inside (unless cut Split) 2. Keep total concentration on Receiver. 3. Keep 3 yard cushion. 4. Alert Banjo if called. 5. Alert Trio situation. 6. You have FS help deep mid.
Strong Safety	+2 on Y +12 Disguise	Box	Short Middle 10 Yards deep	<ol style="list-style-type: none"> 1. Vs 2 Back set, middle backs 2. Vs 1 Back balanced set, middle inside receivers. 3. Vs 1 Back Trips, no middle zone inside of #2-#3(Help on deepest of the two). 4. Key release of receivers being middled, take 1st crosser M/M. No crosser, key QB
Free Safety	+2 on Weak tackle +12 Disguise	Box	Deep Middle 1/3	<ol style="list-style-type: none"> 1. Read QB and ball, clue #2 receiver to help with route recognition 2. Get depth - not not jump inter. Routes 3. Alert Banjo if called 4. Alert Trio situation 5. Know #2 splits and be alert for Quick Posts
Weak Corner	I/S +7 On #1 Possible Press	Box	Inside M/M #1	<ol style="list-style-type: none"> 1. M/M inside (Unless Cut Split) 2. Keep total concentration on receiver. 3. Keep 3 yard cushion. 4. Alert Banjo rules. 5. Alert Trio situation. 6. Corners over vs Slot 7. You have FS help deep middle



QUARTER - COVER 1 MIDDLE

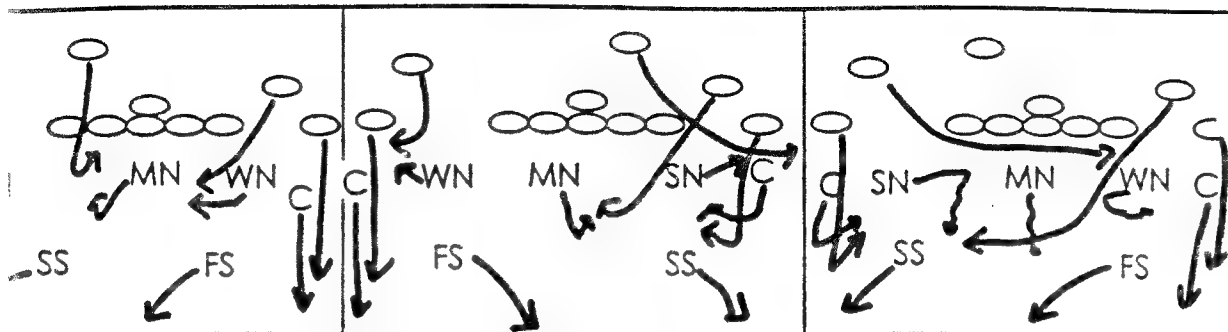
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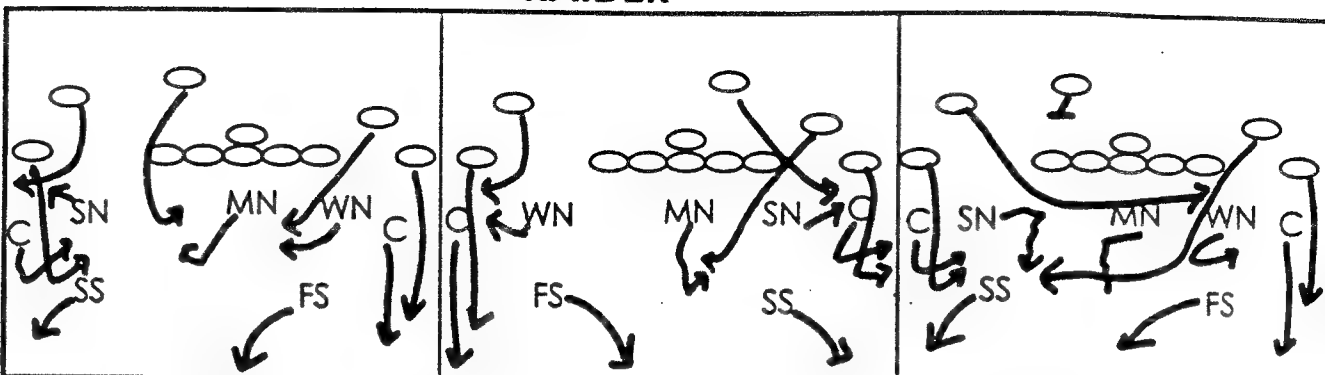
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	I/S +5 On #2	Box	Inside M/M or outside M/M Mid. technique on #2. By form.	<ol style="list-style-type: none"> 1. Vs 2 backs, inside M/M on #2 (possible press) 2. Vs 1 back balanced set, outside M/M Mid. Technique on #2. #2 crosses, squeeze, come off and look for opposite crosser. Intercept all outside routes. 3. Vs 1 Back Trips, Banjo with #2-#3.
MIKE NICKEL	Cover Down on #3	Box	Outside M/M Mid. technique on #3 strong or inside M/M on #3. By form.	<ol style="list-style-type: none"> 1. Vs 2 backs, outside M/M Mid. Technique on #3 strong. Intercept outside route. If #3 crosses, squeeze, come off and look for opposite crosser. Vs Flood, Banjo with Will Nickel. 2. Vs 1 back, inside M/M on remaining back (hug).
WILL NICKEL	I/S +5 On #2	Box	Outside M/M Mid. Technique on #2.	<ol style="list-style-type: none"> 1. Vs 2 backs, outside M/M Mid technique on #2 weak. Intercept all outside routes. #2 crosses, squeeze, come off and look for opposite crosser. Vs Flood, Banjo with Mike Nickel. 2. Vs 1 back balanced set, Mid technique #2 3. Vs 1 back Trips, M/M #3. Inside.
				

RAIDER

24



n	Alignment	End Run Force	Pass Technique	Coaching Points
1	I/S +7 on #1	Kick	Curl	1. Bait or Jam #1 2. Undercut any Route on #1.
	Split #1 and #2	Kick	Kick	Same as Kick
	+2 on T +10 to +12	Backer	Kick	Same as Kick
2	I/S +7 on #1	Backer	Kick	Same as Kick



Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Kick	Same as Double Switch	Same as Double Switch
MIKE NICKEL	Front will dictate	Kick	Same as Double Switch	Same as Double Switch
WILL NICKEL	Front will dictate	Backer	Same as Double Switch	Same as Double Switch



IX. SUB PACKAGE

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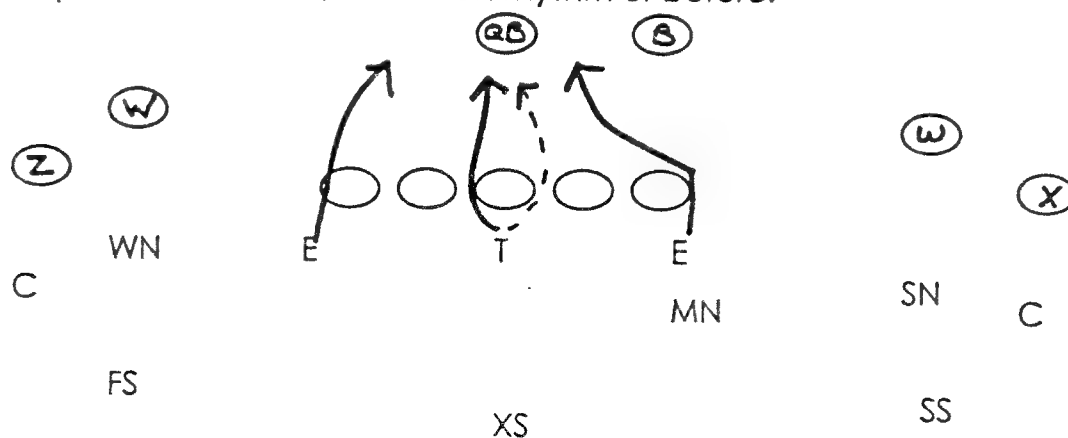
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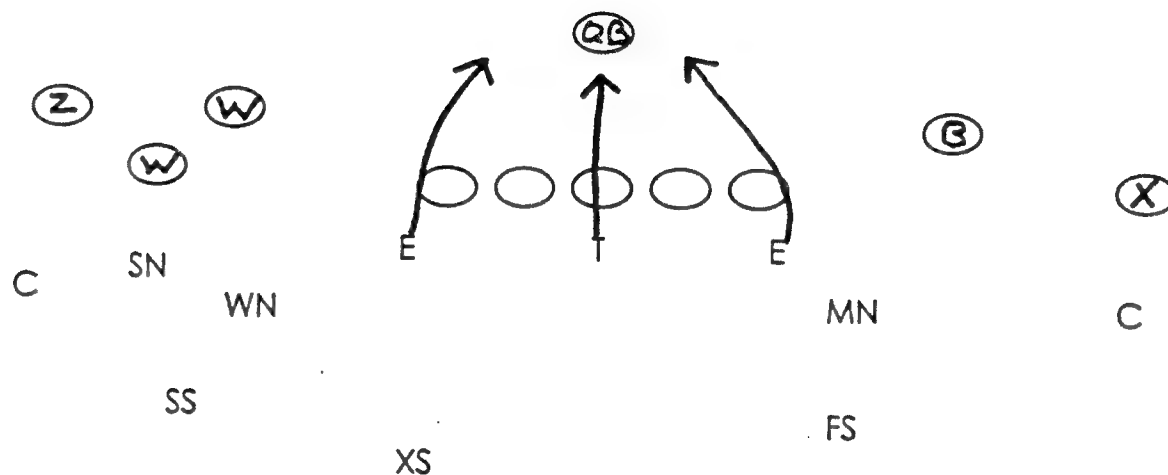
30 PACKAGE RUSH/COVERAGE THOUGHTS

How we rush and defend is:

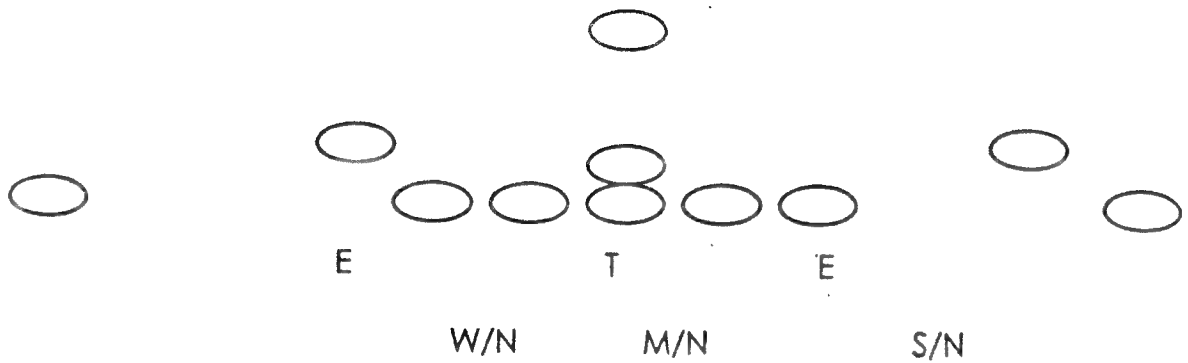
- * Based upon score, time remaining in the game and the opponent's QB.
- * If QB is a scrambler, or they use movement pass, we will emphasize contain with the ends collapsing the pocket with the tackle.
- * If QB is not mobile, we can take liberties on rush techniques and run games.
- * Important - make QB throw on rhythm or before.



In a victory (last play or two) of the game, we will always pressure contain the QB. We cannot allow him to scramble and buy time for a "Hail Mary" throw.



30

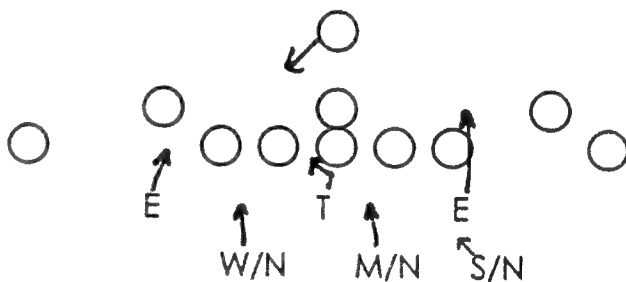


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Rip	Box	Ball	C Gap	C Gap Pursuit	Contain
LT. END	5	Rip	Box	Ball	C Gap	C Gap Pursuit	Contain
NOSE TACKLE	0	Base	Box	Ball	Double A Gap	Pursue	Inside Rush
SAM NICKEL	Form. Will dictate	Cover will dictate	Box	Ball and Back	Cover will dictate	Coverage dictates	By Coverage
MIKE NICKEL	Form. Will dictate	Cover will dictate	Box	Ball and Back	B Gap	B Gap Pursue	By Coverage
WILL NICKEL	Form. Will dictate	Cover will dictate	Box	Ball and Back	B Gap	B Gap Pursue	By Coverage

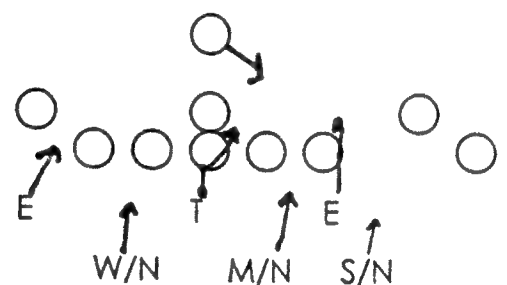
ADJUSTMENTS:

COVERAGE CALLS: DB Kick, 3 Man, DB Buzz, DS Thief, Victory

RUN STRONG



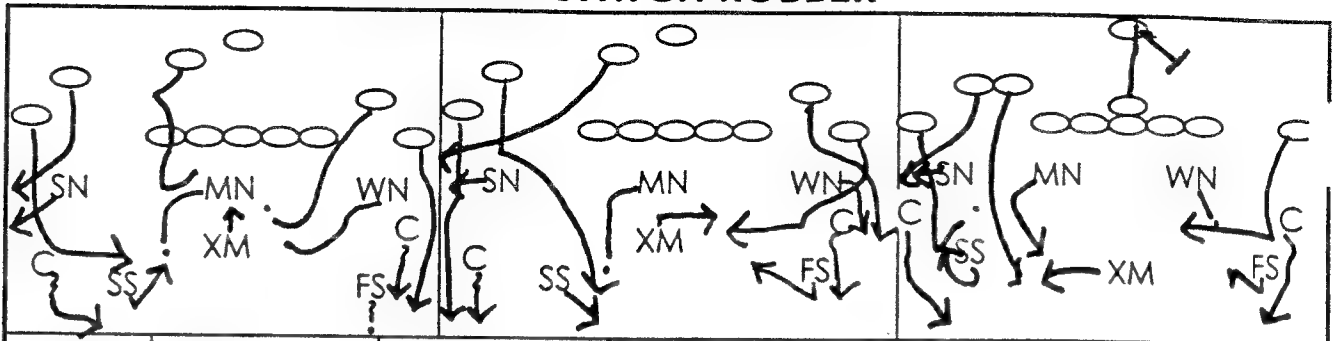
RUN WEAK



NOTES

30 DOUBLE SWITCH ROBBER

4



Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	H + 7 On #1	Sky	Outside 1/4	1. Same as Double Switch
Strong Safety	+2/+12 on Y	Sky	Inside 1/4 or Rob #1 on Read	1. Same as Double Switch
Weak Safety	+2/+12 On Weak Tackle	Sky	Inside 1/4 or Rob #1 on Read	1. Same as Double Switch
Weak Corner	H/+7 On #1	Sky	Outside 1/4	1. Same as Double Switch
X Man	+10 M.O. F.	Sky	Short Middle	1. Game Plan will dictate.

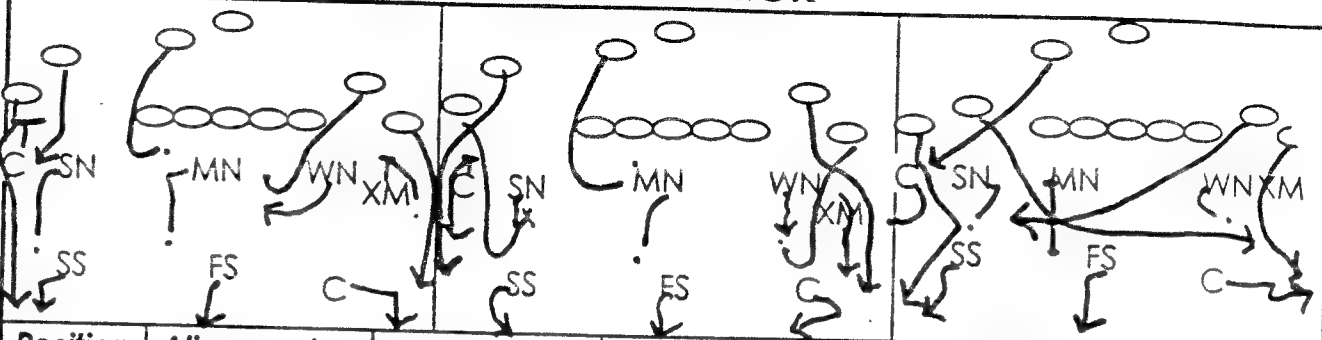
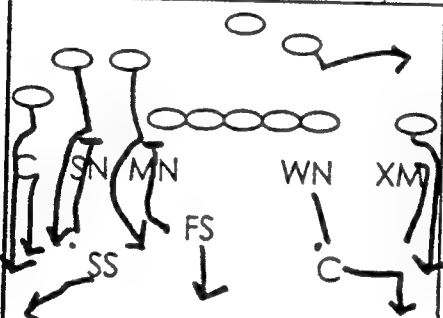





30- DOUBLE SWITCH ROBBER

5

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Sky	Curl to Flat	1. Same as Double Switch 2. Use Middle Technique
MIKE NICKEL	Front will dictate	Sky	Strong Hook to Curl	1. Same as Double Switch
WILL NICKEL	Front will dictate	Sky	Curl to Flat	1. Same as Double Switch 2. Use Middle Technique

30 - C3 DOUBLE KICK

6

				
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	1/S +3 or +7 On #1	Kick	Flat	1. Same as C3 Kick.
Strong Safety	+2/+12 on #2	Kick	Outside 1/3 (Clue)	1. Same as C3 Kick Strong. 2. In 2 Minute situation, we may not disguise.
Weak Corner	+2/+12 On Weak Tackle	Kick	Outside 1/3 (Clue)	1. Same as C3 Kick Weak. 2. In 2 Minute situation, we may not disguise.
X Man	H/+5 to +7 On #1	Kick	Flat	1. Same as C3 Kick Weak.
Weak Safety	+10 M.O. F.	Kick	Middle 1/3	1. Same as Free Safety in C3.
				
				

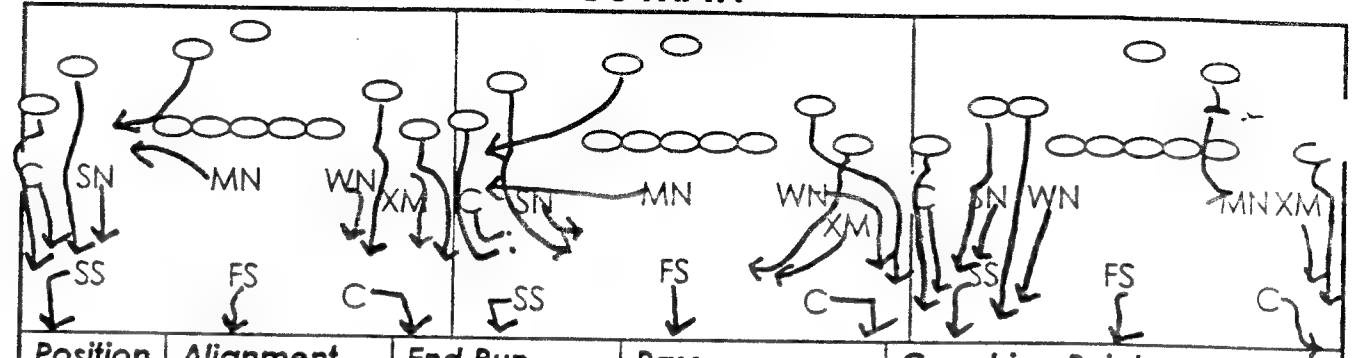
30 - C3 DOUBLE KICK

7

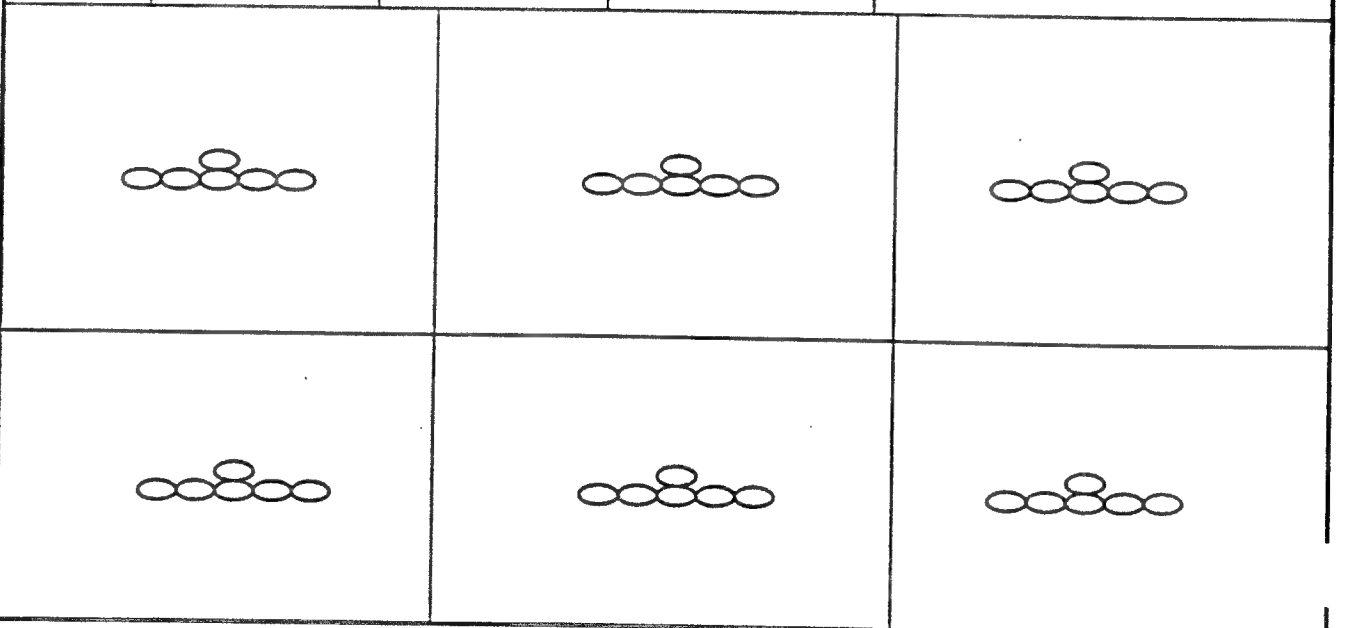
Position	Alignment	End Run Force	Pass Technique	Coaching Points					
SAM NICKEL			Front will dictate	Kick	Curl			1. Same as C-3 Kick	
MIKE NICKEL			Front will dictate	Kick	Strong Hook			1. Same as C-3 Kick	
WILL NICKEL			Front will dictate	Kick	Curl			1. Same as C3 Kick Weak	

30 - C3 MAN

8



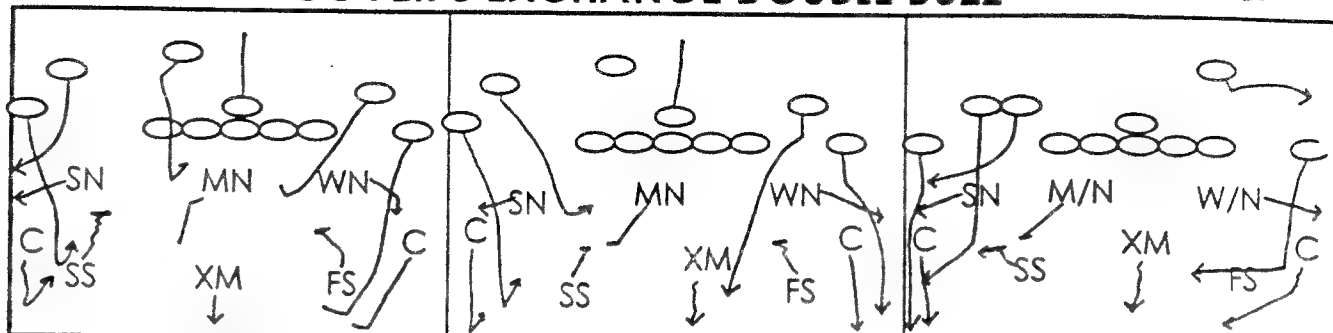
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	Press	Box	Inside M/M on #1 (Trail)	1. Same as C2 Man.
Strong Safety	+2/+12 on #Y	Box	Outside 1/3 (Clue)	1. Same as C3 Kick Strong.
Weak Corner	+2/+12 On Weak Tackle	Box	Outside 1/3 (Clue)	1. Same as C3 Kick Weak.
X Man	Press	Box	Inside M/M on #1 (Trail)	1. Same as C2 Man
Weak Safety	+10 M.O. F.	Box	Middle 1/3	1. Same as C3



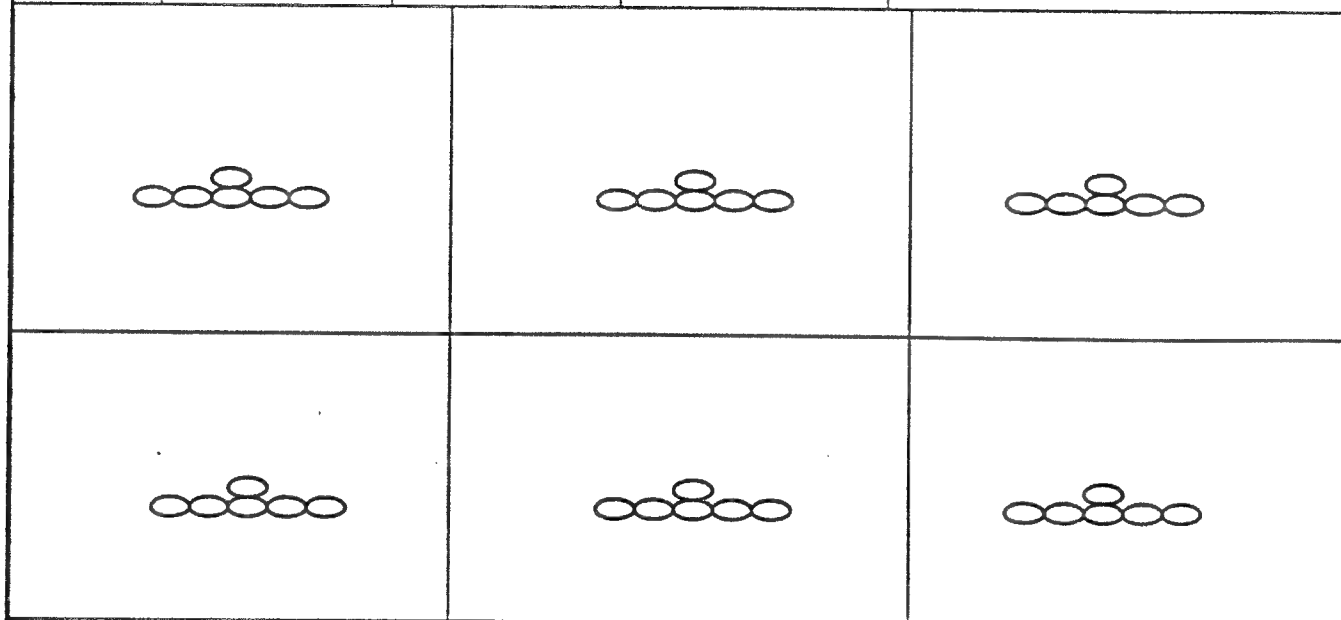
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Box	Inside M/M on #2 Strong (Trail)	1. Same as C-2 Man.
MIKE NICKEL	Front will dictate	Box	Inside M/M on #3 Strong (Trail)	1. Same as C-2 Man.
WILL NICKEL	Front will dictate	Box	Inside M/M on #2 Weak (Trail)	1. Same as C-2 Man.

30 -COVER 3 EXCHANGE DOUBLE BUZZ

10

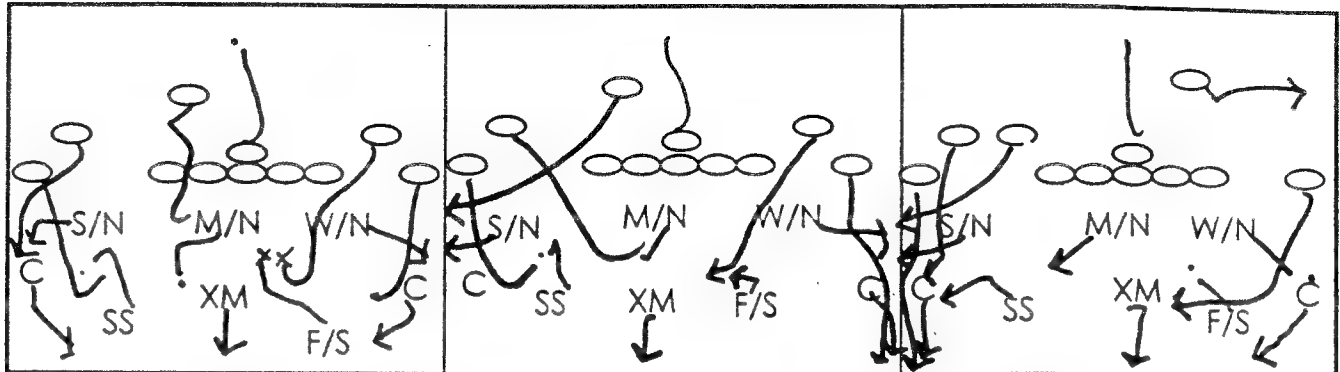


Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	1/S +7 On #1	Sky	Outside 1/3 (Clue)	1. Same as C3 Exchange. (Standard and Nickel)
Strong Safety	+2/+12 on #Y	Sky	Strong Curl	1. Same as Strong Safety in C3 Exchange. (Standard and Nickel)
Weak Safety	+2/+12 On Weak Tackle	Sky	Weak Curl	1. Same as Strong Safety in C3 Exchange. (Standard and Nickel)
Weak Corner	1/S +7 On # 1	Sky	Outside 1/3 (Clue)	1. Same as C 3X in Standard and Nickel
X Man	+10 M.O. F.	Sky	Middle 1/3	1. Same as Free Safety in C3 Exchange. (Standard and Nickel)



30 - COVER 3 EXCHANGE DOUBLE BUZZ

11



Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Sky	Flat	1. Buzz immediately to flat; as you go key QB.
MIKE NICKEL	Front will dictate	Sky	Strong Hook	1. Same as Double Switch (Standard and Nickel)
WILL NICKEL	Front will dictate	Sky	Flat	1. Same as Sam Nickel

30

2015-11-11

30 BLITZ RULES

30

Corners = #1s

Safeties = Blitzing

SN = #2 Pass St

WN = #2 Away Pass St

MN = Blitzing or Red Dog

XS = RB or Blitzing



X . SUB PACKAGE

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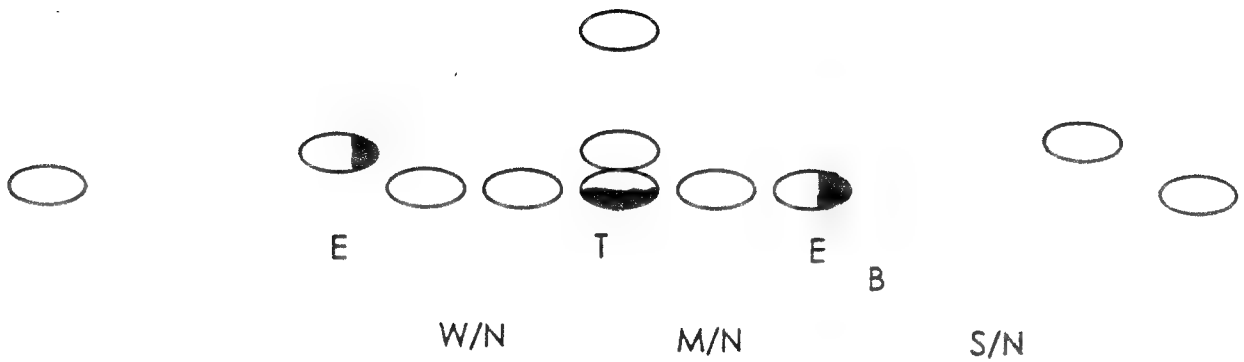
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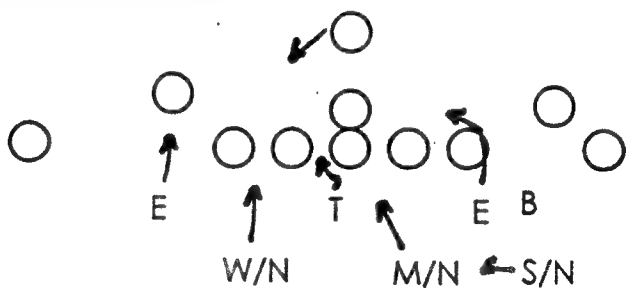


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Rip	By Cov.	Ball	C Gap	Squeeze/ Pursue	Contain
LT. END	5 Tech	Rip	By Cov.	Ball	C Gap	Squeeze/ Pursue	Contain
Nose Tackle	0	Base	By Cov.	Ball	Del. A Gap	Pursue	Inside Rush
Backer	9	By Cov.	By Cov.	Ball	By Cov.	Pursue	By Cov.
SAM NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	Cov. dictates	Cov. dictates	By Cov.
MIKE NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	B Gap	B Gap Pursue	By. Cov.
WILL NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	B Gap	B Gap Pursue	By Cov.

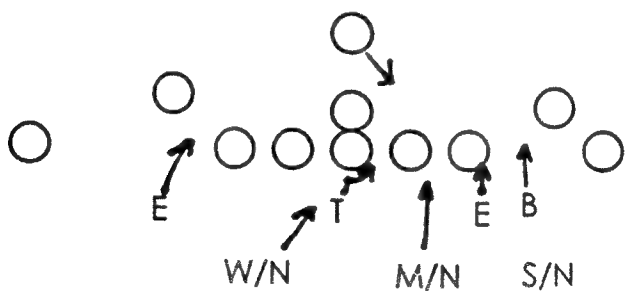
ADJUSTMENTS:

COVERAGE CALLS:

RUN STRONG



RUN WEAK



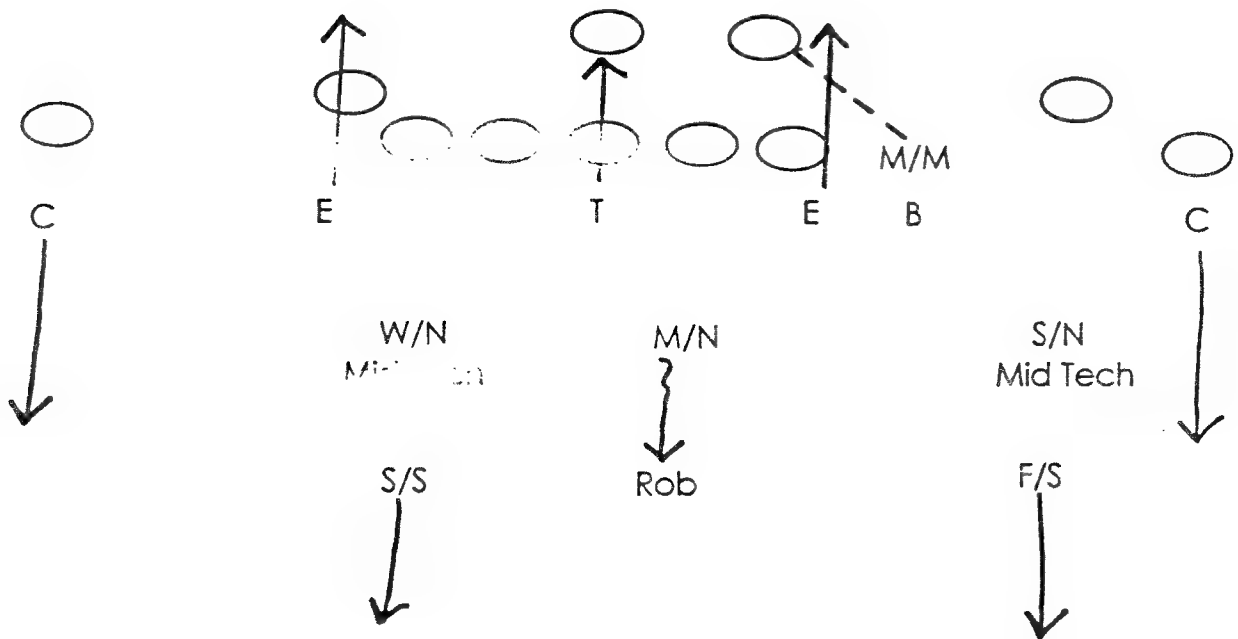
50 COVER SCHEMES -- 3 MAN RUSH

50 Shadow

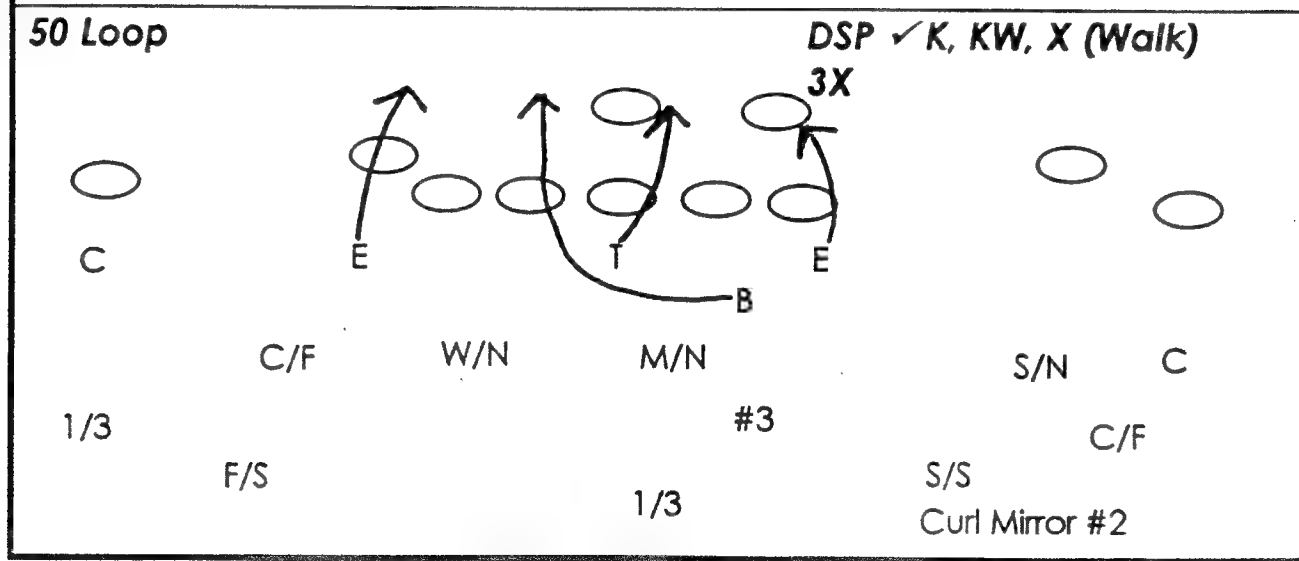
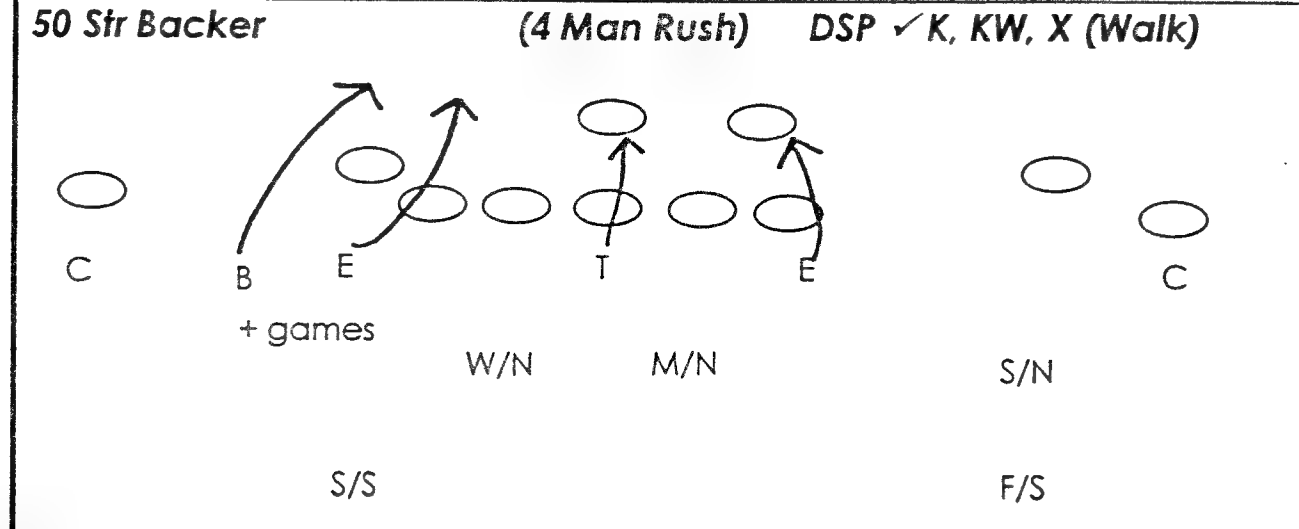
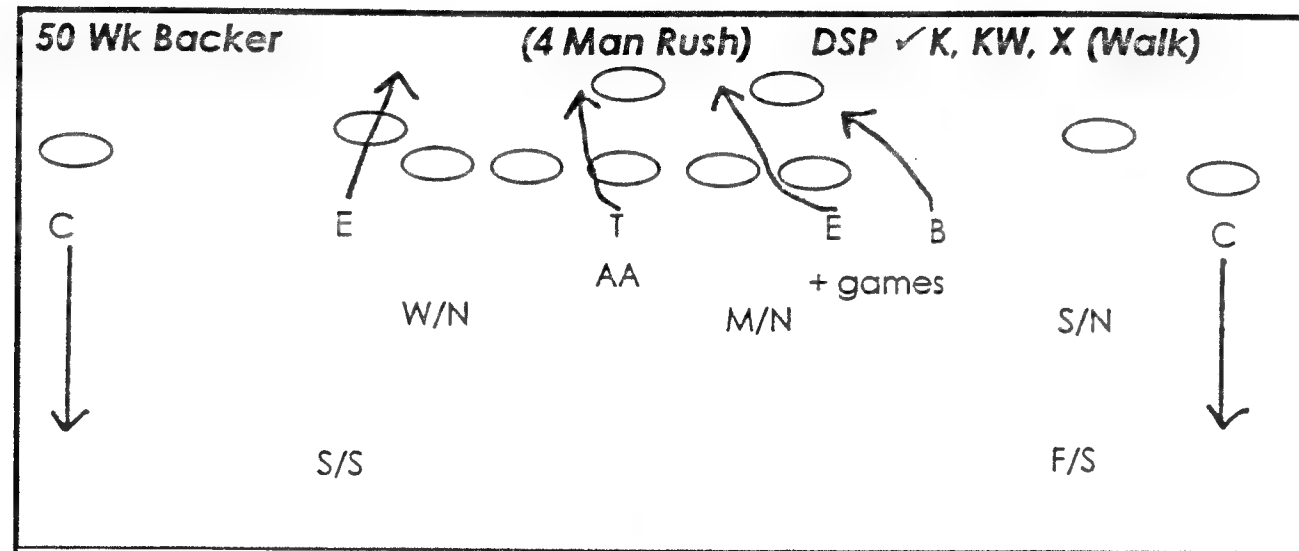
DS ✓K, KW, X (Walk)

Sink Thief ✓K, KW, X (Walk)

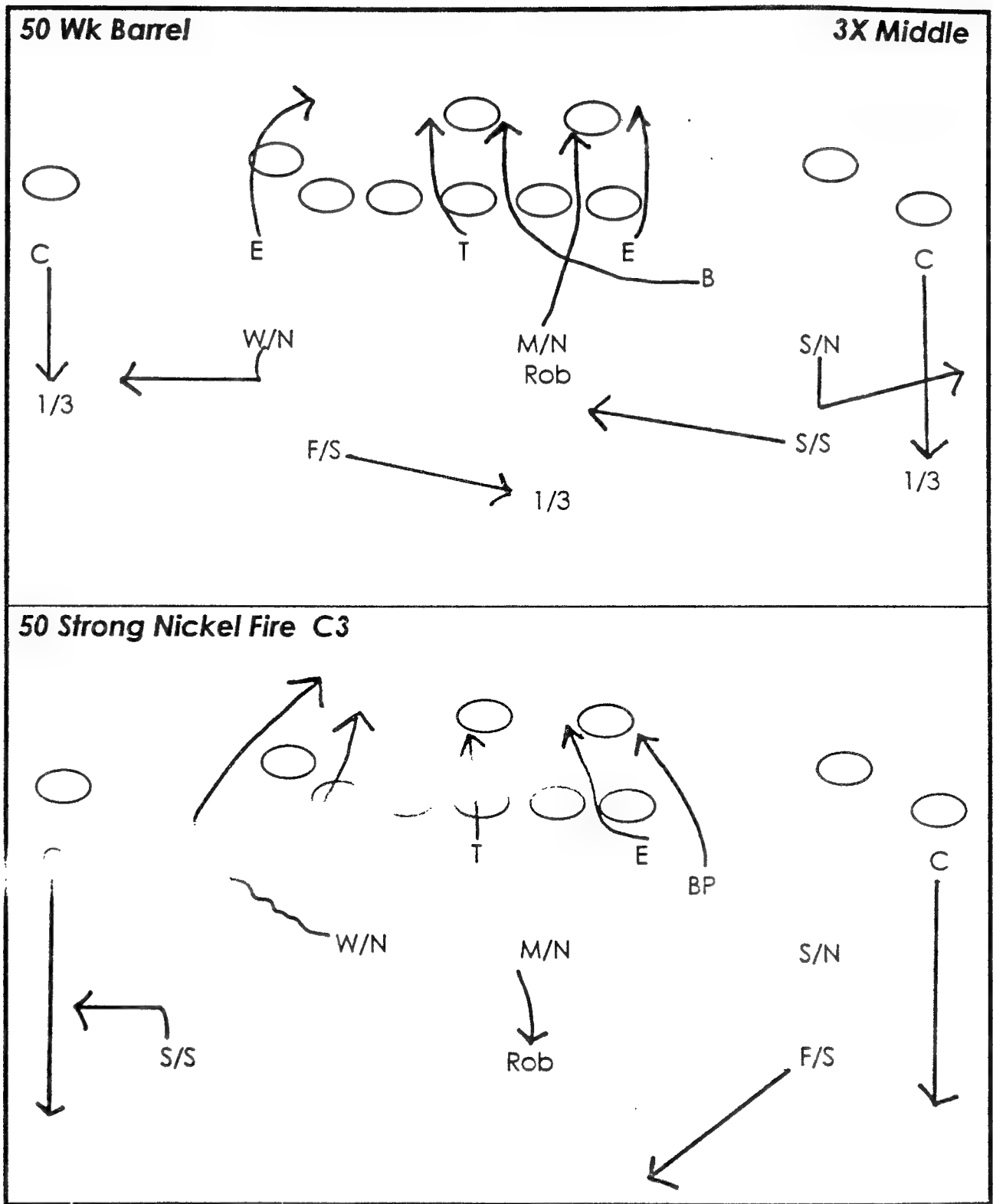
DS Man Thief ✓K, KW, X (Walk)



50 RUSH SCHEMES -- 4 MAN RUSH

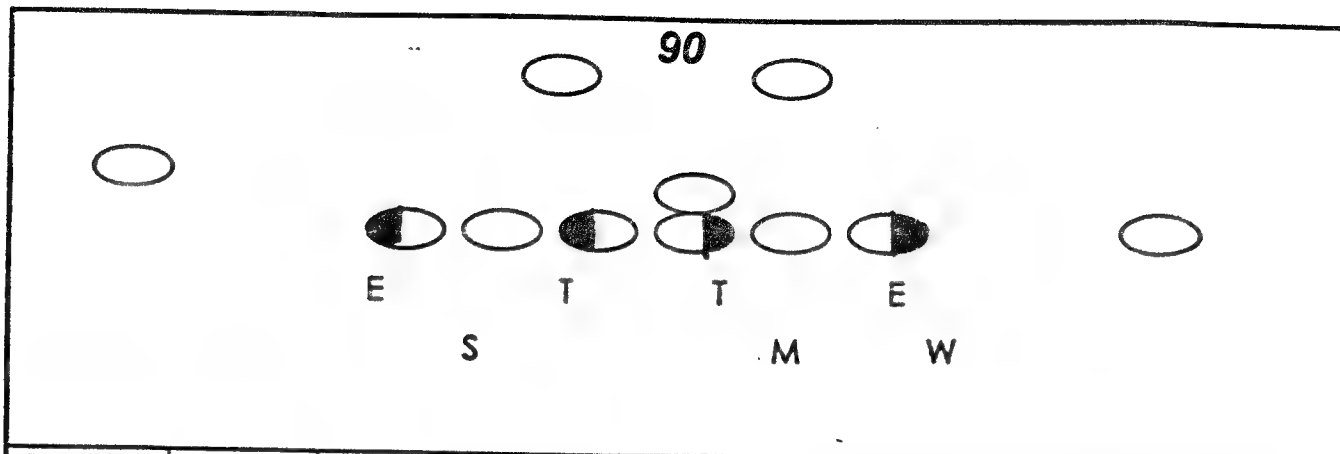


50 RUSH SCHEMES -- 5 MAN RUSH





XI. DEFENSIVE FRONTS AND STUNTS



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	9	Read on Move	By Cov.	TE	D Gap	Squeeze/ Pursue	Contain
RT. TACKLE	1	Read on Move		Center	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	40	Read	By Block Scheme & Cov.	Back thru Tackle	C Gap to Alley	Check A Gap Pursue	Cov. Called
MIKE	20	Read	Same as SAM	Back Key	B Gap	Check A Gap Pursue	Cov. Called
WILL	60	Read	Same as SAM	Near Back to Ball	Mirror Key to Alley	B Gap Cut Back	Cov. Called

ADJUSTMENTS: Two Tite: Adjust by Game Plan

One Back: Adjust. By LBer or LBer calls (Gap or Fullback)

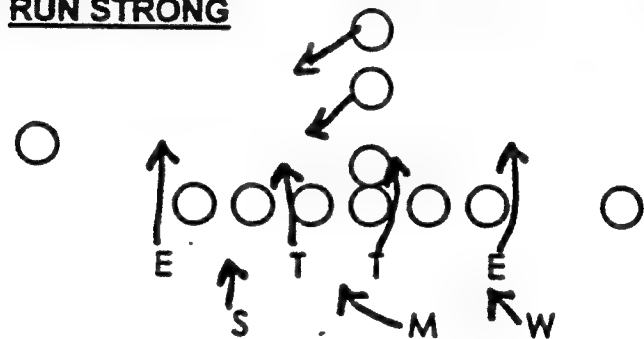
Pair: Adjustment by LBer

Flex: Adjustment to Fullback Stunt

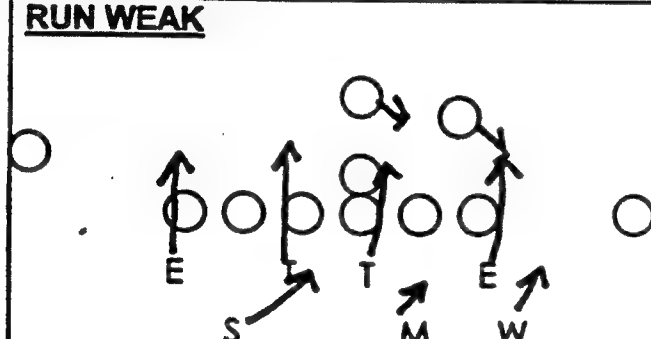
COVERAGE CALLS: By Game Plan

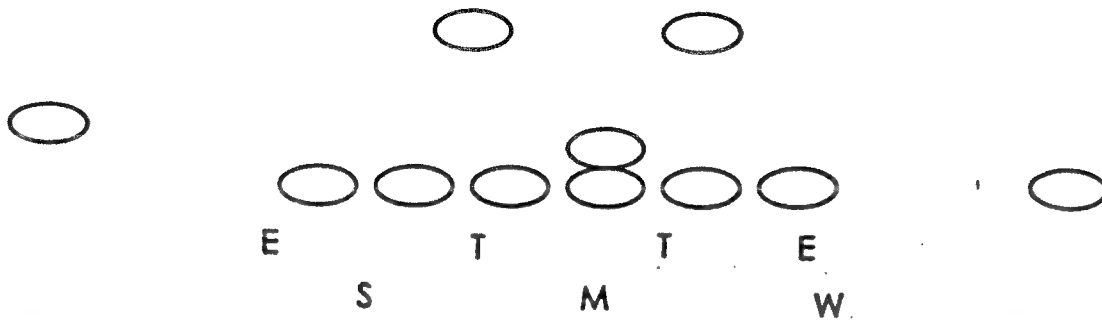
Motion: By Game Plan

RUN STRONG



RUN WEAK





Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	9	Read on Move	By Cov.	TE	D Gap to Alley	Squeeze/ Pursue	Contain
RT. TACKLE	2	Read on Move		Guard	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	40	Read	By Blk. Scheme & Cov.	Back thru Tackle	C Gap to Alley	Check A Gap Pursue	Cov. Called
MIKE	0	Read	By Blk. Scheme & Cov.	Backs thru to Center	A Gap Strong	B Gap Weak	Cov. Called
WILL	60	Read	By. Blk. Scheme & Cov.	Near Back to Ball	Mirror Key to Ball	B Gap Cut Back, Ball	Cov. Called

ADJUSTMENTS: Two Tite: Adjustment by game plan

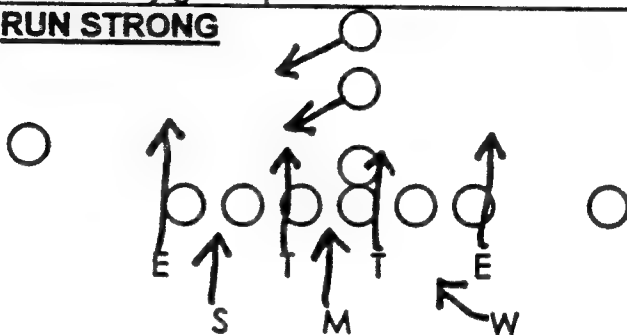
One Back: Adjustment by LB'er - calls by LB'ers (Gap-Fullback)

Pair: Adjustment by LBer Flex: Adjustment by 9 Tech. End to Fullback Stunt/

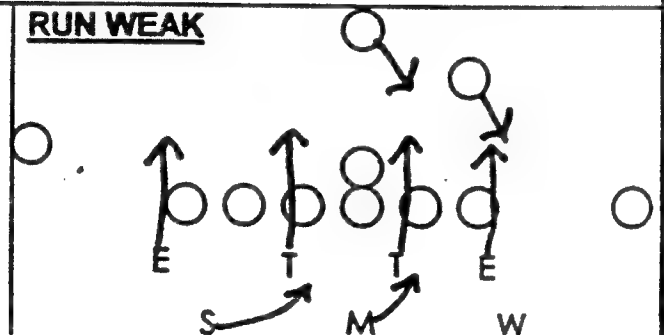
COVERAGE CALLS: By Game Plan

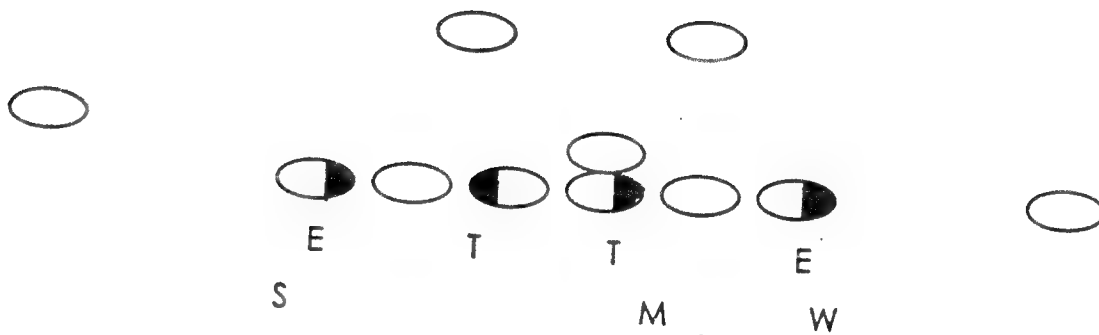
Motion: By game plan

RUN STRONG



RUN WEAK





Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	Read on move	By Cov.	TE	C Gap	Squeeze/ Pursue	Contain
RT. TACKLE	1	Read on move	By Cov.	Center	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	Stack	Read	By Blocking	Back	Scrape	Check & Pursue	Cov. Called
MIKE	20	Read	Scheme & By Cov.	Back	B Gap	Check A & Pursue	Cov. Called
WILL	60	Read	By Cov	Near Back to Ball	Mirror Key to Alley	B Gap Cut Back	Cov. Called

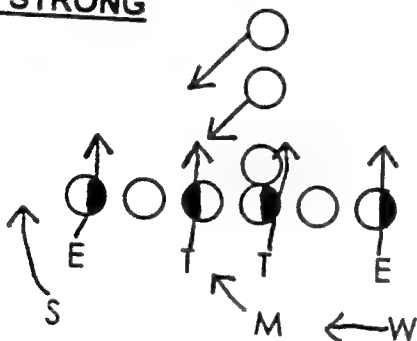
ADJUSTMENTS: 2 Tite: Adjust by game plan

One Back: Adjust LB'er or LBer calls.

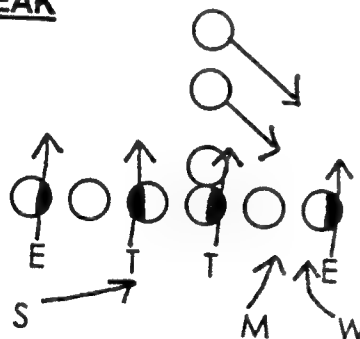
Pair: Adjustment by LB'er.

COVERAGE CALLS: By Game Plan.

UN STRONG



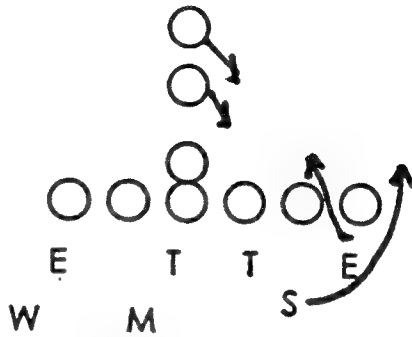
RUN WEAK



90 FRONT- RUN STUNTS

2

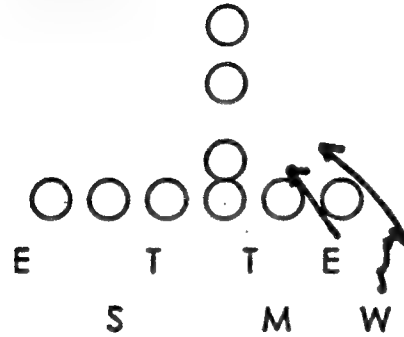
FULLBACK



Coaching Points:

Run stunt by the 9 Technique End. Rip across the face of the TE and work upfield in the "C" Gap. SLB, Will scrape outside to "D" Gap on flow. Can be huddle call or adjustment to Flex or Ted TE.

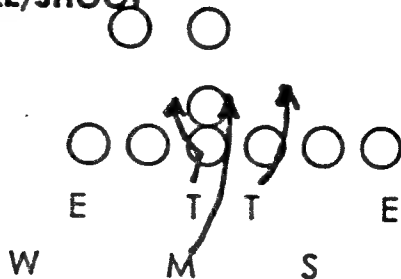
GAP/CRASH



Coaching Points:

Run stunt by the Weak End (5 Technique) and WLB. End rips across face of OT and works upfield in the "B" Gap. Will scrapes off the butt of the OT. Will must try to time the QB's cadence to take advantage of disguise.

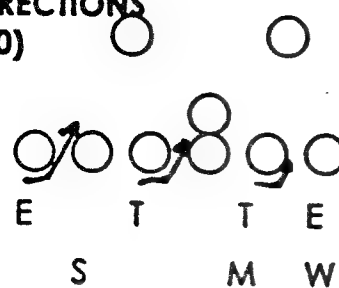
MIKE/SHOOT



Coaching Points:

Run stunt that involves both tackles and the MLB. Tackles outside Rip upfield their run responsibility and the Mike LB'er fires the "A" Gap strong. All other players Base Techniques.

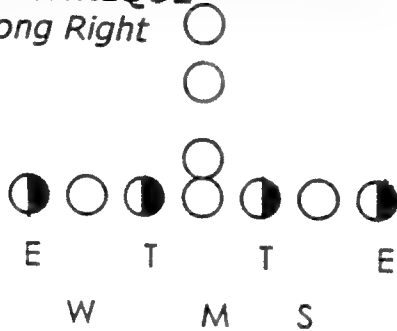
DIRECTIONS (40)



Coaching Points:

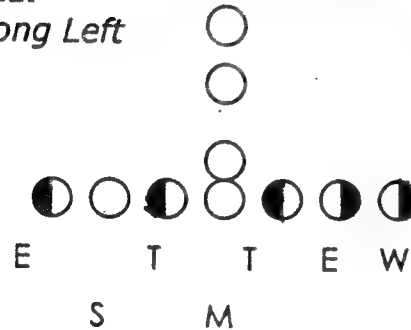
Run stunt where entire defensive line or just a portion slant in a predetermined direction. It can be by formation or to a certain player.
* Linebackers must be aware of gap changes by the charge of the defensive line.

Below are the possible adjustments to two Tight Ends. Adjustments will be chosen by game plan and the opponents personnel package.

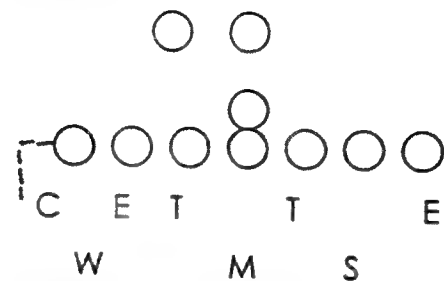
7 TECHNIQUE*Strong Right***Coaching Points:**

*The weak side end moves to 7 Technique alignment. Will stays in a 50. Gap and Read responsibilities stay the same.

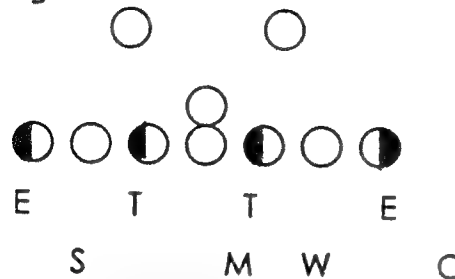
Will must be ready to Scrape outside. (If we do not want to read the 7 Technique, we can add automatic FB Stunt.)

WHIP*Strong Left***Coaching Points:**

*No adjustment by the defensive line. Will walks up in a 6 Technique.

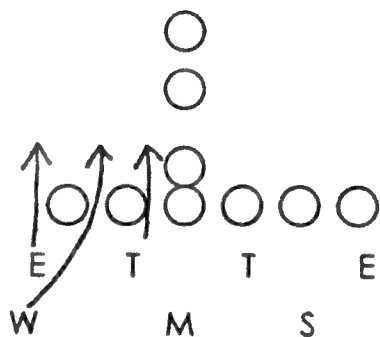
CORNER - CLOUD**Coaching Points:**

*If the offense for effect would align the X receiver tight, we could adjust with the Corner and make no adjustments to the front seven.

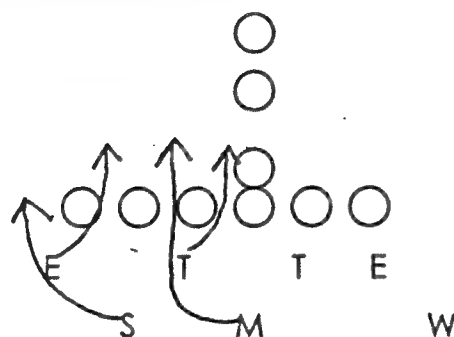
9 TECHNIQUE*Strong Left***Coaching Points:**

*By game plan, we can also play a 9 Technique to the weak side. Offensive attack must be considered and coverage support must be tied to the call.

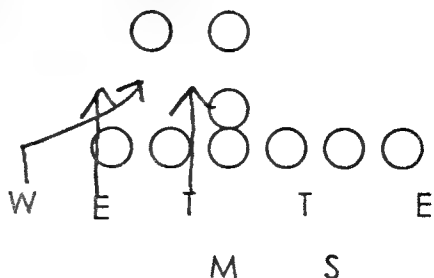
40 - RUN STUNTS

DIVE**Coaching Points:**

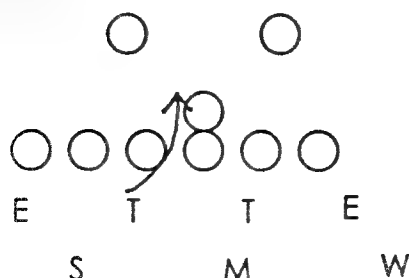
A run stunt that involves the WLB and the weak side End. The End Rips through the outside of OT. The Will LB'er fires through the "B" Gap weak.

MIKE/SCRAPE**Coaching Points:**

A run stunt that involves strong End, Tackle, Sam and Mike. The End runs a Fullback Stunt, the Tackle runs a Rip across the Guard, Mike scrapes into "B" Gap and Sam scrapes outside.

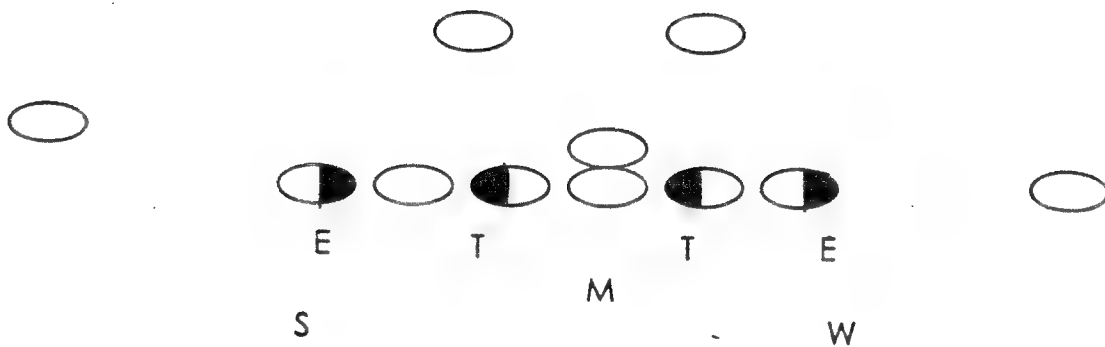
WILL TWIST**Coaching Points:**

A run stunt that compliments Gap/Crash. Will lines up in "Whip" position to threaten Gap/Crash. Starts upfield then comes under the end into the "C" Gap.

PINCH**Coaching Points:**

A run stunt with strong tackle aligned in 3 Technique making a hard charge into the "A" Gap. (Possible trap alert, scramble, QB spy, etc.)

47



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	5	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	7	By Cov.	TE	C Gap	Squeeze/ Pursue	Contain
RT. TACKLE	2	2	By Cov.	Guard	A Gap	Squeeze/ Pursue	Inside Rush
LT. TACKLE	3	3	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Rush
SAM	Stack	Read	Scheme & by Cov.	Back	Scrape D Gap	A Gap to Pursue	Cov. Called
MIKE	0	Read	Scheme & by Cov.	Back	A Gap Strong	B Gap Weak	Cov. Called
WILL	60	Read	By Cov.	Back	Mirro key to Ball	B Gap Cut Back Ball	Cov. Called

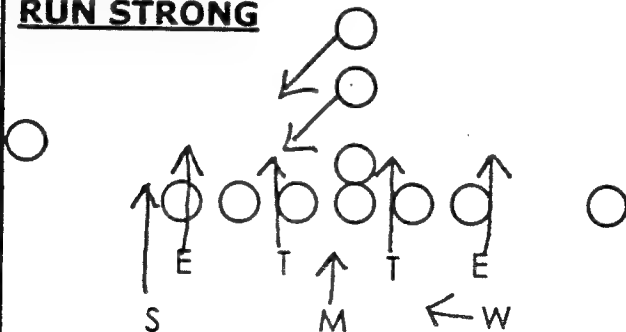
ADJUSTMENTS: Two Tite: Adjust by Game Plan.

One Back: Adjustment by LB'er or LB'er call.

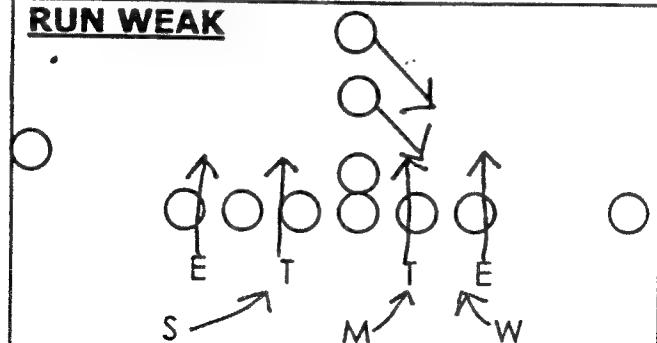
Pair: Adjust by LB.

COVERAGE CALLS:

RUN STRONG

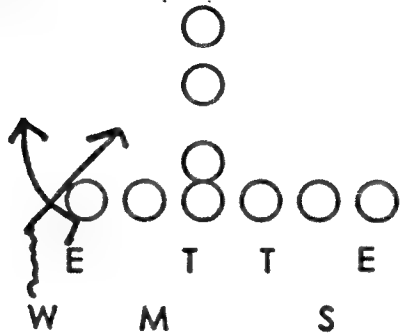


RUN WEAK



90, 40 - RUN STUNTS

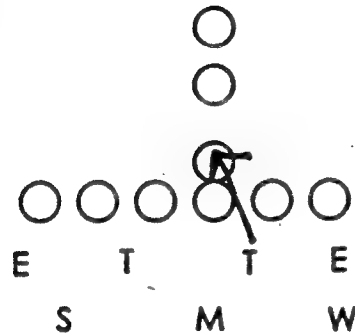
HARD



Coaching Points:

A stunt that involves WLB and the weak side End. End aggressive butts the OT. WLB'er runs a Crash stunt and End loops outside "Spying." Green Dog for screens, flares, etc.

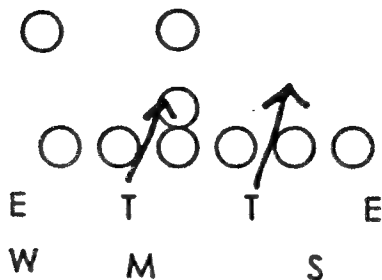
TIM



Coaching Points:

A run stunt that involves the 2 Technique. Aggressively attack through the near shoulder of the OC. Play "A" Gap vs run.

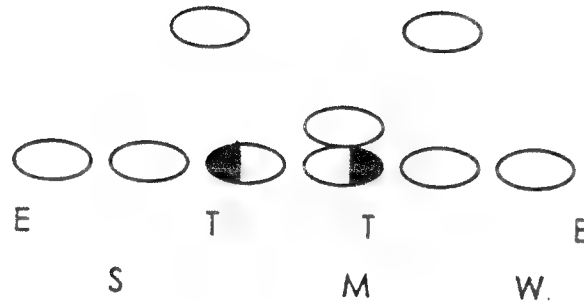
ANGLE



Coaching Points:

A run stunt involving the 2 tackles, 3 Technique, attack through near shoulder of OT. 2 Technique attack through near shoulder of OC. Run gaps do not change from base 40 front.

90 WIDE



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	Wide 5	Read on move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	Wide 9	Read on move	By Cov.	Tight End	D Gap	Squeeze & Pursue	Contain
RT. TACKLE	1	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
LT. TACKLE	3	Read on Move	By Cov.	Guard	B Gap	Squeeze & Pursue	Inside Rush Lane
SAM	40 Tech	Read	By Cov.	Back Key	C Gap to Alley	A Gap Pursue	Cov. Called
MIKE	10 Tech	Read	By Cov.	Back Key	B Gap	A Gap Pursue	Cov. Called
WILL	60 Tech	Read	By Cov.	Back Key	B Gap to Alley	B Gap Cutback	Cov. Called

ADJUSTMENTS: Two TE: Adjust by Game Plan.
 One Back: Adjust by LBer or LBer call.
 Pair: Adjustment by LBer.

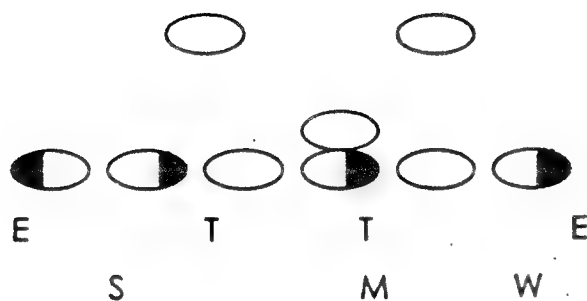
COVERAGE CALLS:

RUN STRONG



RUN WEAK





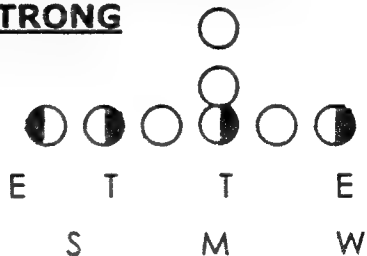
Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Read on Move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	9 Tech	Read on move	By Cov.	Tight End	D Gap	Squeeze & Pursue	Contain
RT. TACKLE	1 Tech	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
LT. TACKLE	4 Tech	Read on Move	By Cov.	Tackle	B Gap	Squeeze & Pursue	Inside Rush Lane
SAM	40 Tech	Read	By Cov.	Back Key	C Gap to Alley	A Gap Pursue	Cov. Called
MIKE	10 Tech	Read	By Cov.	Back Key	B Gap	A Gap Pursue	Cov. Called
WILL	60 Tech	Read	By Cov.	Back Key	B Gap to Alley	B Gap Cutback	Cov. Called

ADJUSTMENTS: Two TE: Adjust by Game Plan.
 One Back: Adjust by LBer or LBer calls.
 Pair: Adjustment by LBer.

COVERAGE CALLS: By Game Plan

MOTION: Adjust by Game Plan

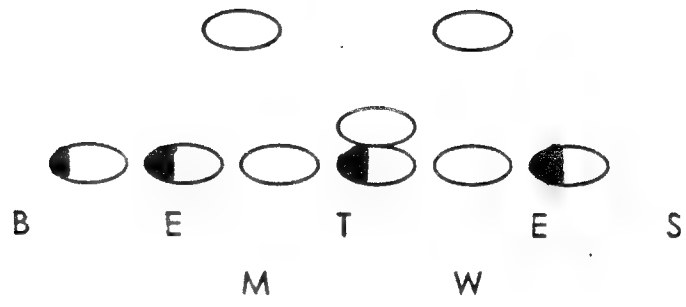
RUN STRONG



RUN WEAK



50 TITE SAM



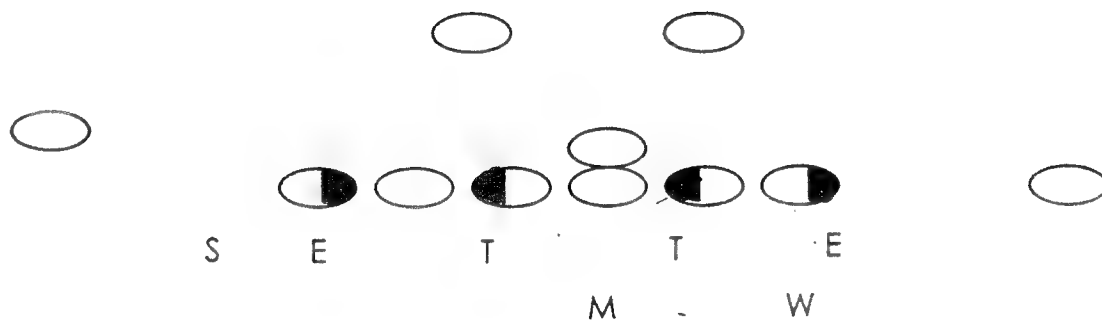
Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
WIDE	9	Read on Move	By Cov.	Tight End	D Gap	Fold cutback B Gap	By Cov.
END	5	Read on move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
WIDE	1	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
END	4	Read on Move	By Cov.	Tackle	B Gap	Squeeze & Pursue	Inside Rush Lane
WIDE	6 Tech	Read	By Cov.	Back	B Gap	A Gap	Cov. Called
WIDE	30 Tech	Read	By Cov.	Back	B Gap	A Gap	Cov. Called
WIDE	20 Tech	Read	By Cov.	Back	A Gap	A Gap to Alley	Cov. Called

ASSIGNMENTS:

VERAGE CALLS:

STRONG	RUN WEAK

47 SOLID



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Read on Move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	7 Tech	Read on Move	By Cov.	Tight End	C Gap	Squeeze & Pursue	Contain
RT. TACKLE	2 Tech	Read on Move	By Cov.	Guard	A Gap	Squeeze & Pursue	Inside rush lane
LT. TACKLE	3 Tech	Read on Move	By Cov.	Guard	B Gap	Squeeze & Pursue	Inside rush lane
SAM	9	Read	By Cov & Blk. Scheme	Back, TE	D Gap	Squeeze Fold	Cov. Called
MIKE	10	Read		Back	A Gap St	B Gap Wk	Cov Called
WILL	30	Read		Back	B Gap to alley	B Gap to alley	Cov. Called

ADJUSTMENTS: Two Tite: Adjustment by game plan.

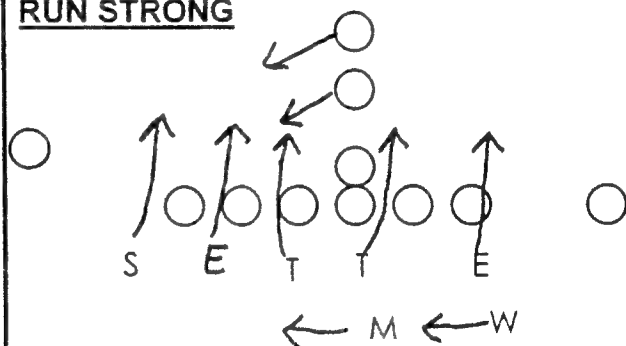
One Back Adjustment by Lber or LB'er calls (Gap or Fullback)

Pair-- Adjustment by Lber. Flex: -- Adjustment to Fullback Stunt

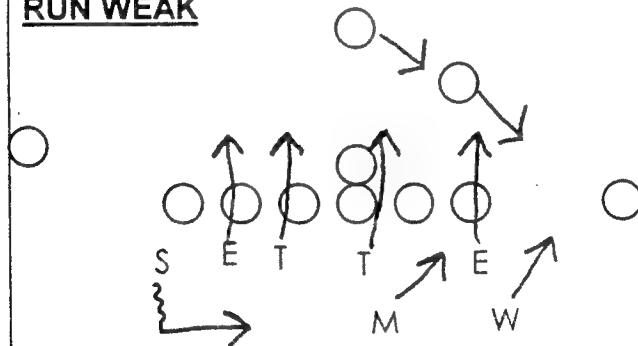
COVERAGE CALLS: *By Game Plan*

Motion: *By Game Plan*

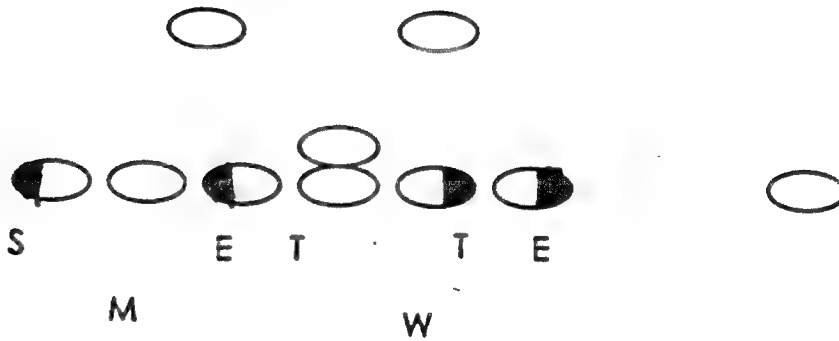
RUN STRONG



RUN WEAK



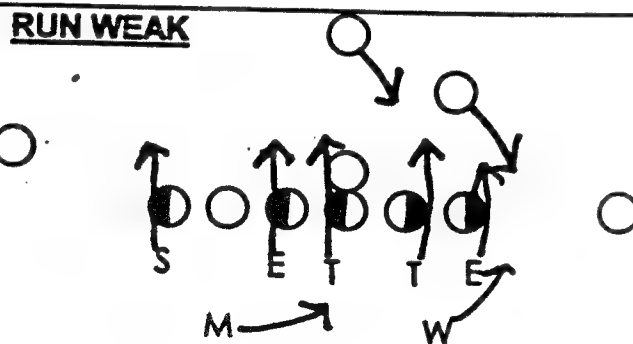
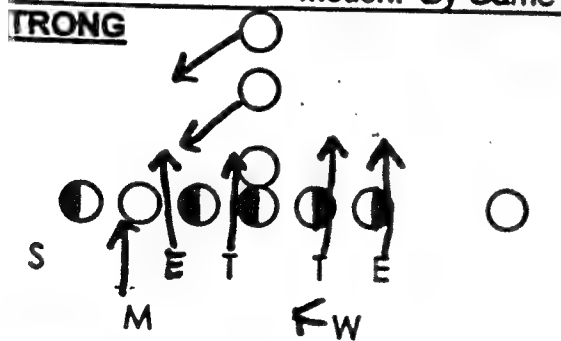
TIGHT 70

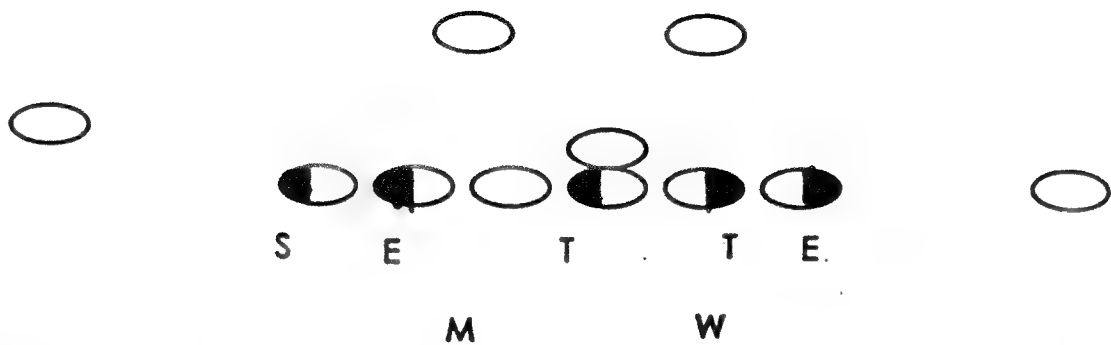


on	Align	Tech.	Support	Key	Run To	Run Away	Pass
ND	5	Read on Move	By Cov & Scheme	Tackle	C Gap	Squeeze & Pursue	Contain
ND	3	Read on Move	By Cov. & Scheme	Guard	B Gap	Squeeze & Pursue	Contain
LE	3	Read on Move		Guard	B Gap	Squeeze & Pursue	Inside
LE	1	Read on Move		Center	A Gap	Squeeze & Pursue	Inside
	9	Read	By Cov & Blk. Scheme	TE	D Gap	Squeeze Fold	Cov. Called
	50	Read	Same as above	Back thru Tackle	C Gap	Squeeze Fold	Cov Called
	40	Read	Same as above	Back	A Gap	Check A Flow	Cov. Called

STATEMENTS: Two Tite: Adjustment by game plan.
 One Back Adjustment by LBer or LB'er calls (Gap or Fullback)
 Adjustment by LBer. Flex: - Adjustment to Fullback Stunt

RAGE CALLS: By Game Plan
 Motion: By Game Plan



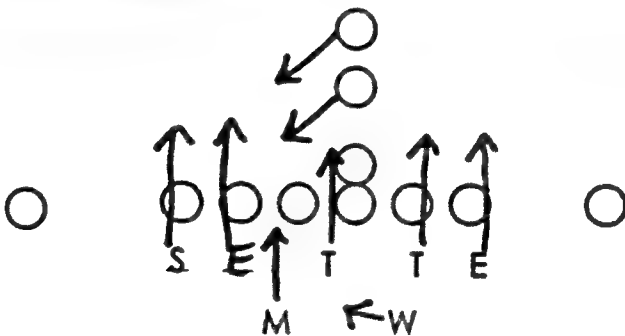


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov.	Tackle	C Gap	Squeeze	Contain
LT. END	5	Read on Move	By Cov.	Tackle	C Gap	Squeeze	Contain
RT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze	Inside Rush
LT. TACKLE	1	Read on Move		Center	A Gap	Squeeze	Inside Rush
SAM	9	Read	By Cov & Blk. Scheme	TE/Near Back/Ball	D Gap to Alley	Squeeze and Fold	Cov. Called
MIKE	30	Read	Same as above	Back	B Gap	Check A Pursue	Cov Called
WILL	30	Read	Same as above	Back	Flow to Ball	A Gap	Cov. Called

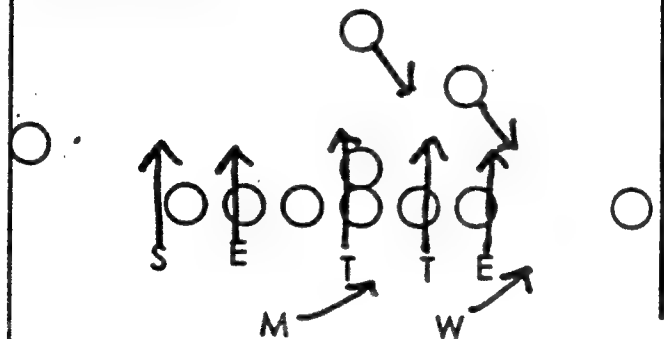
ADJUSTMENTS: Two Tite: Adjustment by game plan.
 One Back LB'ers adjust. Possible Cha Cha or Jet.
 Trips: LB'ers adjust.

COVERAGE CALLS: By Game Plan
 Motion: By Game Plan

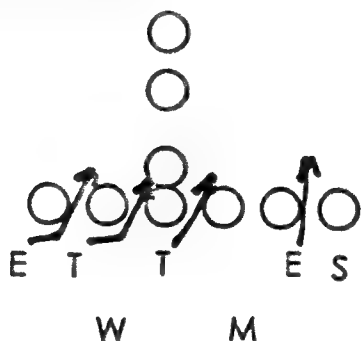
RUN STRONG



RUN WEAK



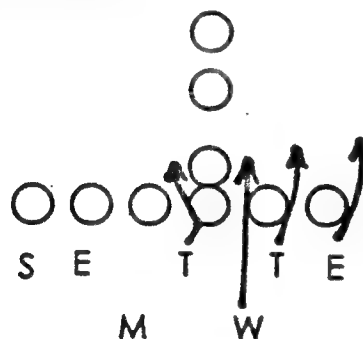
70 "DIRECTIONS"



Coaching Points:

- * Both defensive tackles run a slant stunt in a particular direction by game plan. (I.e., TE, backfield set, motion.)

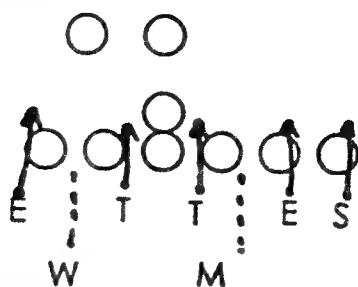
70 WILL DIVE



Coaching Points:

- * Both tackles aggressively rip upfield their run responsibilities.
- * Will runs a shoot stunt in the A gap weak.

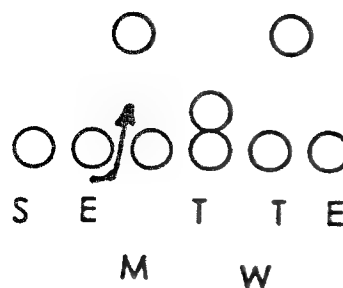
70 "SNEAK"



Coaching Points:

- * Both tackles align in loose 1 Technique alignment and rip upfield.

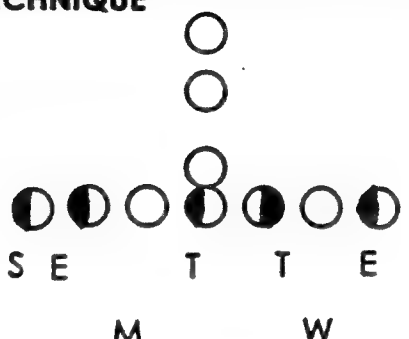
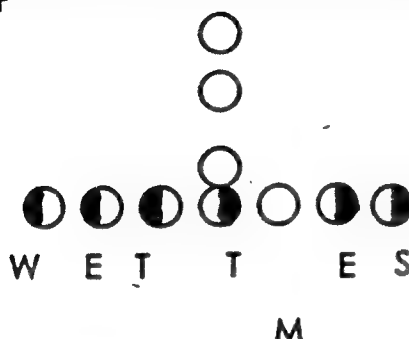
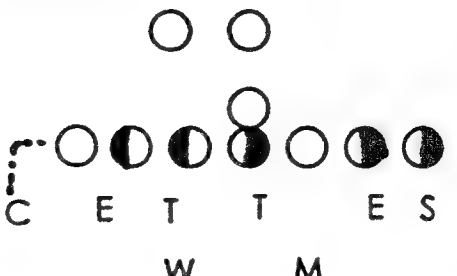
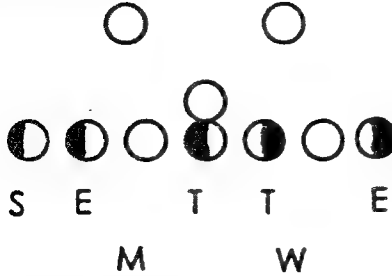
70 "RAZOR"



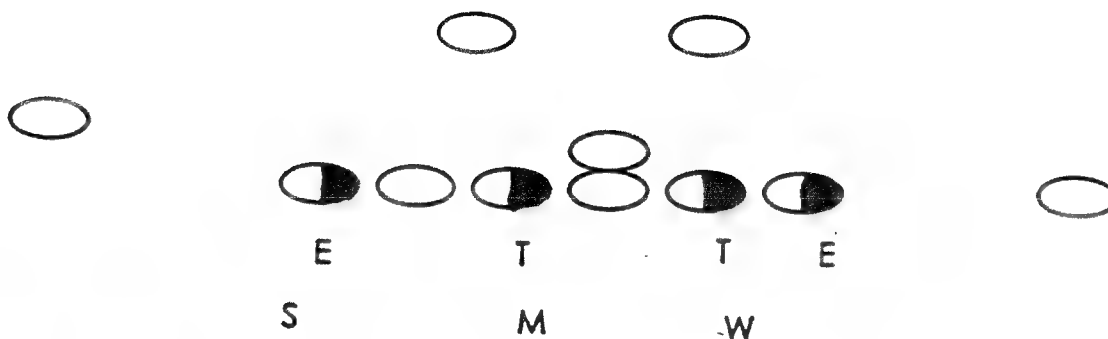
Coaching Points:

- * Is a strong side run stunt. It involves the 5 technique end. It is a hard inside step and rip across the face of the OT. Must penetrate as well as cross the face.

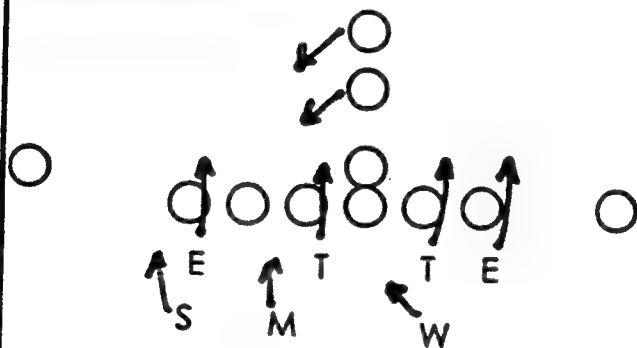
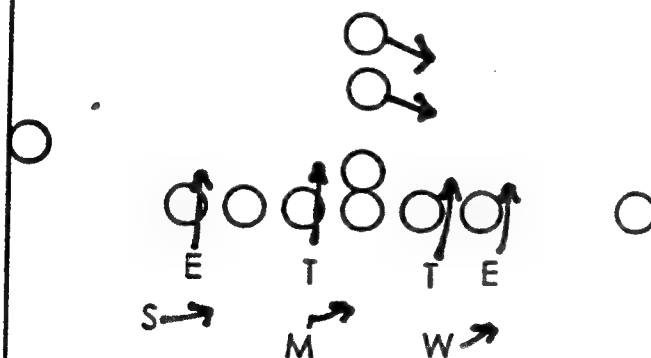
70: Below are the possible adjustments to two Tight Ends. Adjustments will be chosen by game plan and the opponent's personnel package.

<p>7 TECHNIQUE</p>  <p>Coaching Points:</p> <ul style="list-style-type: none"> * The weak side end moves to 7 Technique alignment. Will stays in a 50. Gap and Read responsibilities stay the same. <p>Will must be ready to Scrape outside. (If we do not want to read the 7 Technique, we can add automatic FB Stunt.)</p>	<p>WHIP</p>  <p>Coaching Points:</p> <ul style="list-style-type: none"> * No adjustment by the defensive line. Will walks up in a 6 Technique.
<p>CORNER - CLOUD</p>  <p>Coaching Points:</p> <ul style="list-style-type: none"> * If the offense for effect would align the X receiver tight, we could adjust with the Corner and make no adjustments to the front seven. 	<p>9 TECHNIQUE</p>  <p>Coaching Points:</p> <ul style="list-style-type: none"> * By game plan, we can also play a 9 Technique to the weak side. Offensive attack must be considered and coverage support must be tied to the call.

77G



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	5	By Cov.	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	7	By Cov.	TE	D Gap	Squeeze/ Pursue	Contain
RT. TACKLE	3	3	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Rush
LT. TACKLE	2	2	By Cov.	Guard	A Gap	Squeeze/ Pursue	Inside Rush
SAM	Stack	Read	By Cov & Blk. Scheme	Near Back to ball	D Gap or B on FB	B Gap	Cov. Called
MIKE	30	Read	Same as above	Back	B Gap	Check A Pursue	Cov Called
WILL	30	Read	Same as above	Back	Flow to Ball	A Gap	Cov. Called

ADJUSTMENTS:**COVERAGE CALLS:****RUN STRONG****RUN WEAK**



XII . PASS RUSH GAMES

PASS RUSH GAMES

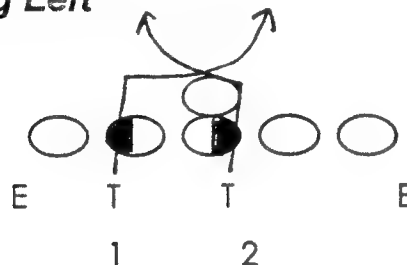
Cha-Cha:

A pass rush game that involves both defensive Tackles. Alignment is predicated by front. The game is designed for 3 technique to go first with the 1 or 2 technique looping.

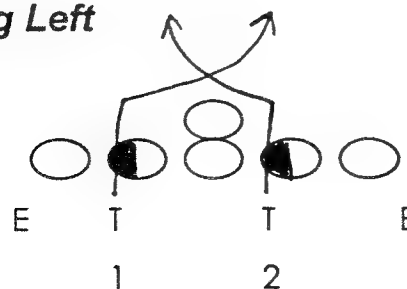
Coaching Points:

- 3 Technique cheat alignment to help inside move.
- 1 Technique help partner step upfield to influence center away from the 3 technique
- Ends keep contain rush

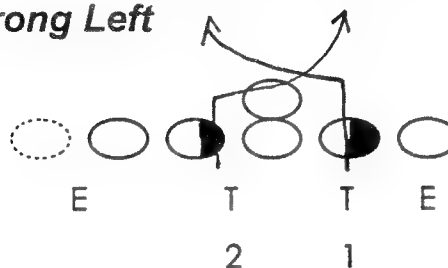
90 Strong Left



40 Strong Left



70 Strong Left



PASS RUSH GAMES

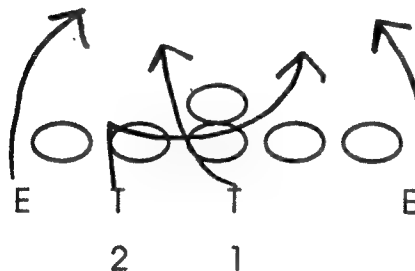
II:

A pass rush game that involves the two defensive tackles. Alignment is predicated by the front called. The game is run with the 1 or 2 Technique going first and the 3 Technique looping.

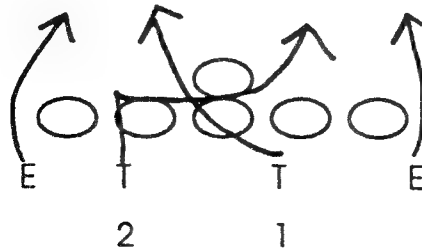
Coaching Points:

- 1 or 2 Technique hard penetrating move at the snap
- 3 Technique step upfield to influence offensive guard
- Ends keep contain rush

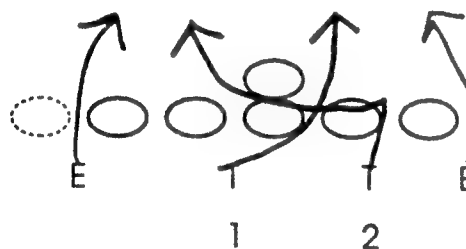
90



40



70

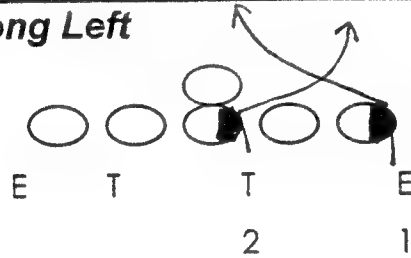


PASS RUSH GAMES

Change:

A pass rush game that involves the weak side defensive end and tackle alignment is predicated by front called. The ends will go first and the tackles will loop.

90 Strong Left

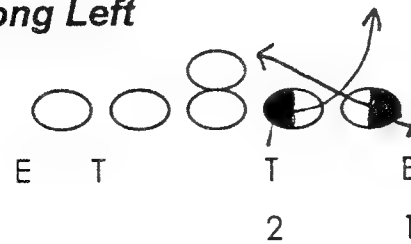


Coaching Points:

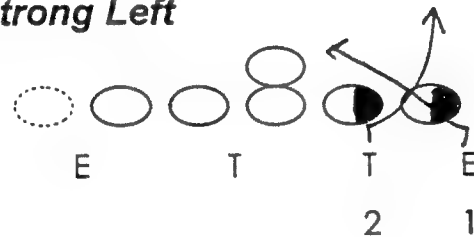
-- Ends be ready to cheat alignment to help inside move

-- Tackles step upfield to influence offensive guard

40 Strong Left



70 Strong Left

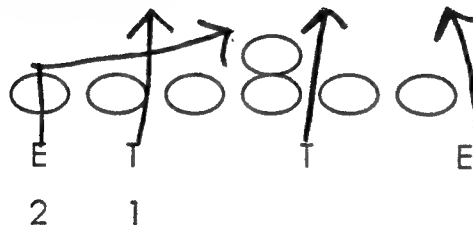


PASS RUSH GAMES

Twist:

A pass rush game that involves a 3 Technique and the end. Alignment is predicated by the front called. The 3 Technique goes first and the end will loop.

90/40 Strong Left

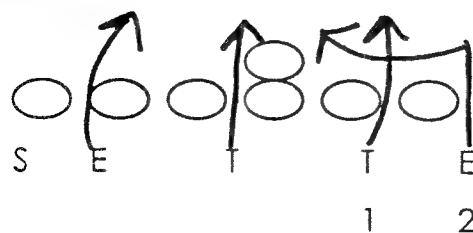


Coaching Points:

-- Tackle explode through B gap and widen for contain rush.

-- End step upfield to influence the OT. Become the inside pass rusher.

70 Strong Left



PASS RUSH GAMES

Tango:

A pass rush game that involves both tackles and the weak defensive end. Weak side tackle and end go first with strong side tackle loop.

90/40

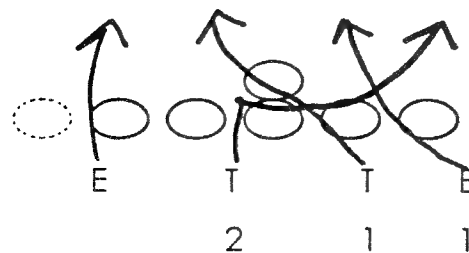


Coaching Points:

-- Strong side tackle loop for contain rush. Weakside end and tackle inside rush lane.

-- Strongside end must get upfield for QB flush.

70

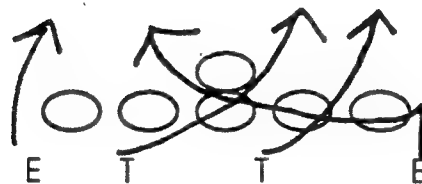


PASS RUSH GAMES

Echo:

A pass rush game that involves both tackles and the weak defensive end. Tackle rip technique through gap. Weak end loop around.

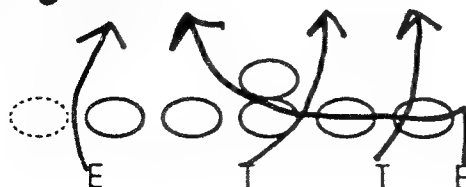
40 Strong Left



Coaching Points:

- Weakside tackle becomes contain rusher weak.
- Weak end becomes inside rusher strong.

70 Strong Left



PASS RUSH GAMES

Tops:

A pass rush stunt that involves both defensive tackles. Game allows tackles to change pre-aligned rush lanes.

40



Coaching Points:

- Ends must keep absolute contain.

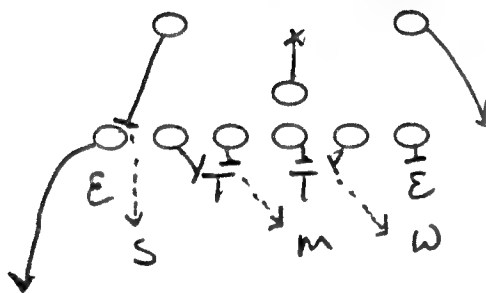


PASS PROTECTION

PASS PROTECTIONS **Quick Protections -- 3 Step Drop**

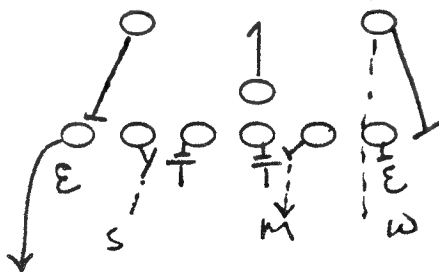
Kick 200

Aggressive 3 Step Turn Protection



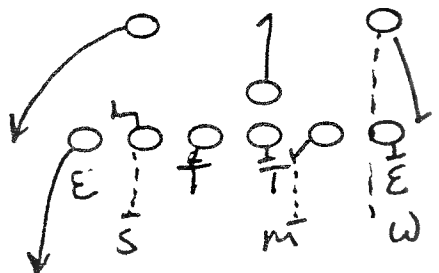
324-325

3 Step Basic Protection



322-323

3 Step Strongside Dual Protection

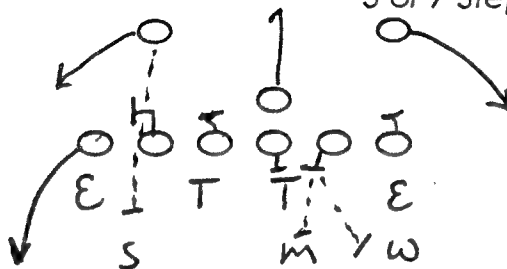


PASS PROTECTIONS

Drop Back Protections

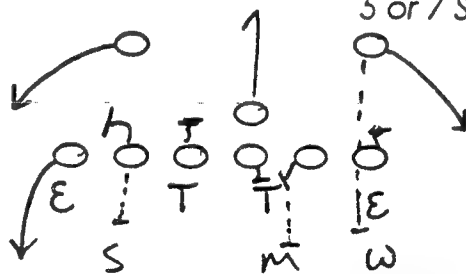
0-1 Protection

Weakside dual protection
5 or 7 Step Drop



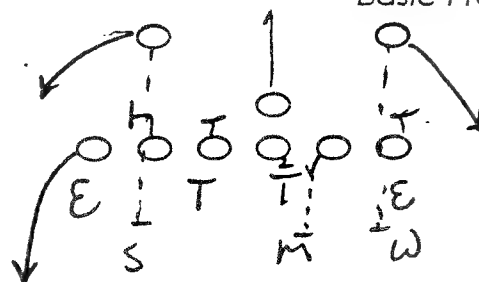
2-3 Protection

Strongside dual protection
5 or 7 Step Drop



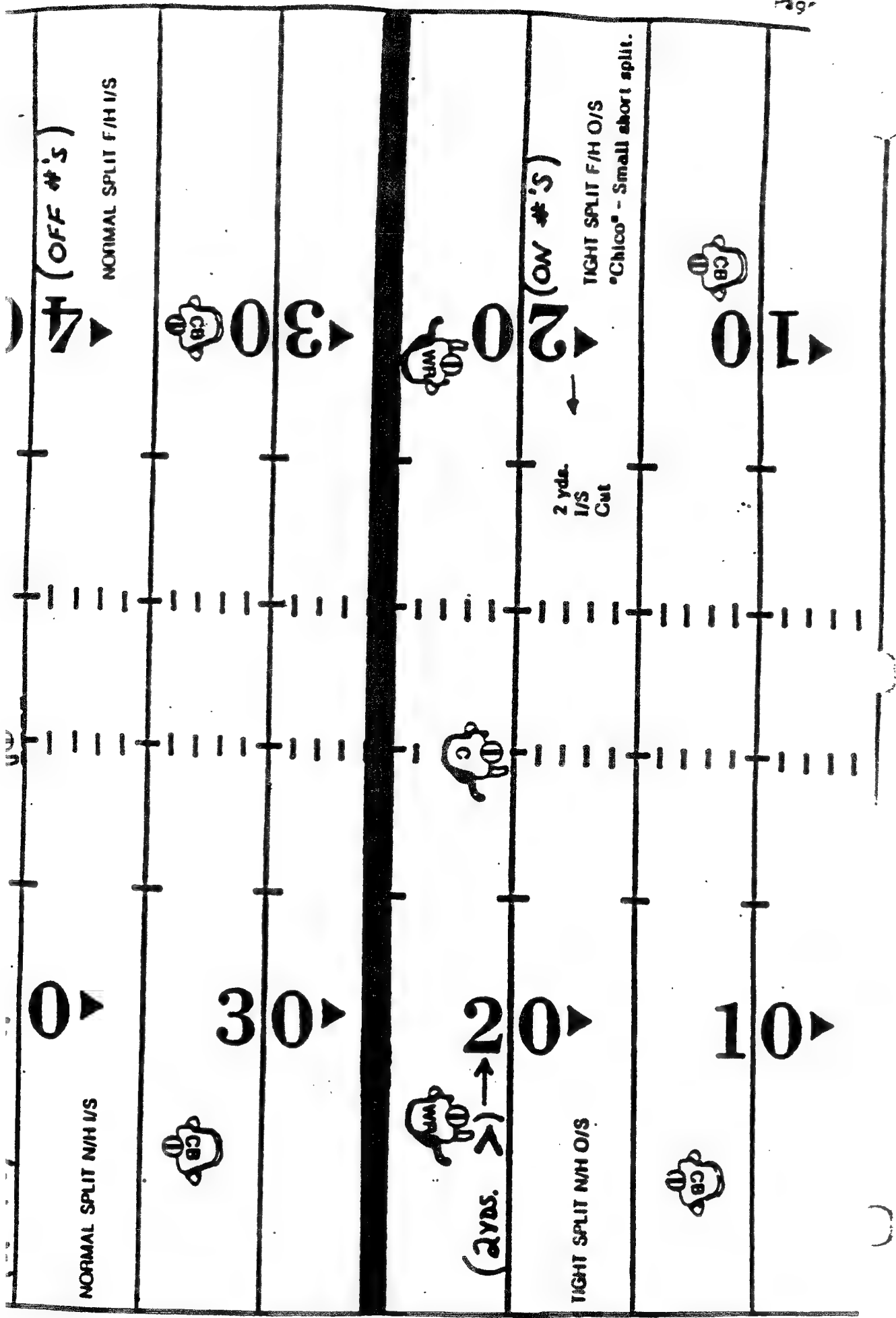
4-5 Protection

Basic Protection 5 or 7 Step Drop

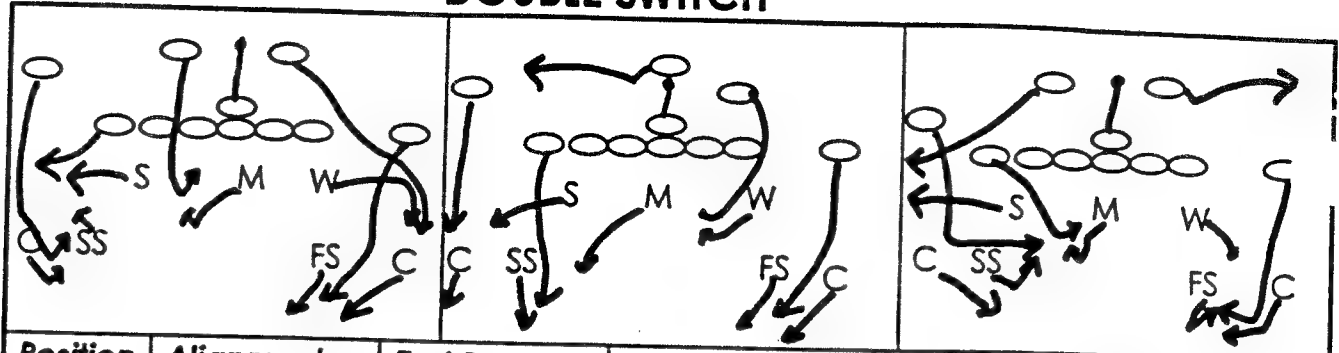




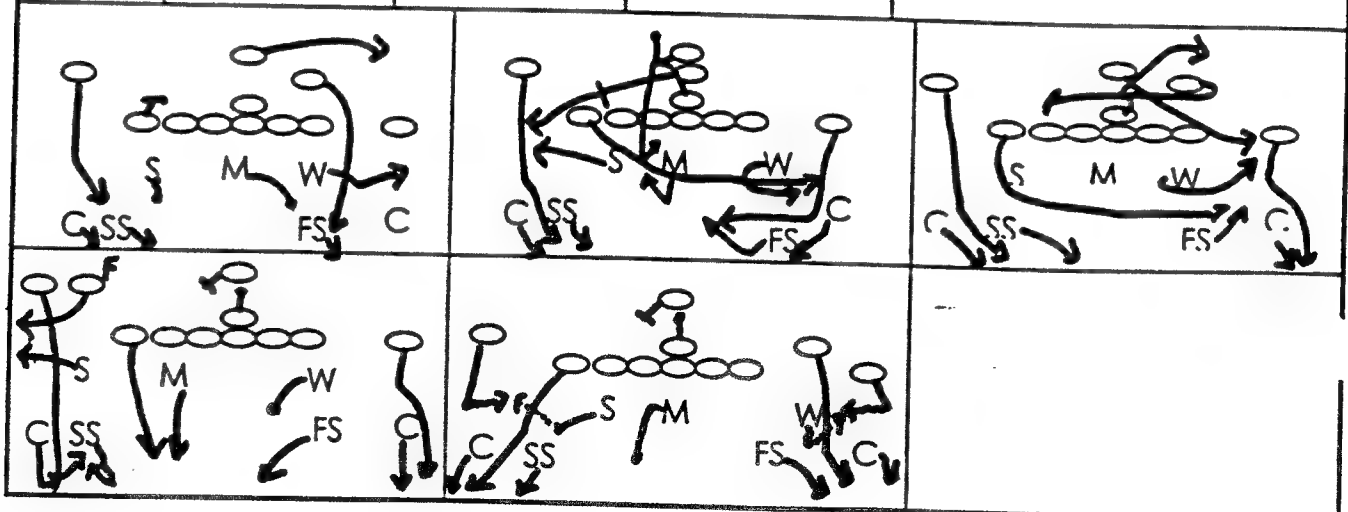
XIII . PASS COVERAGES



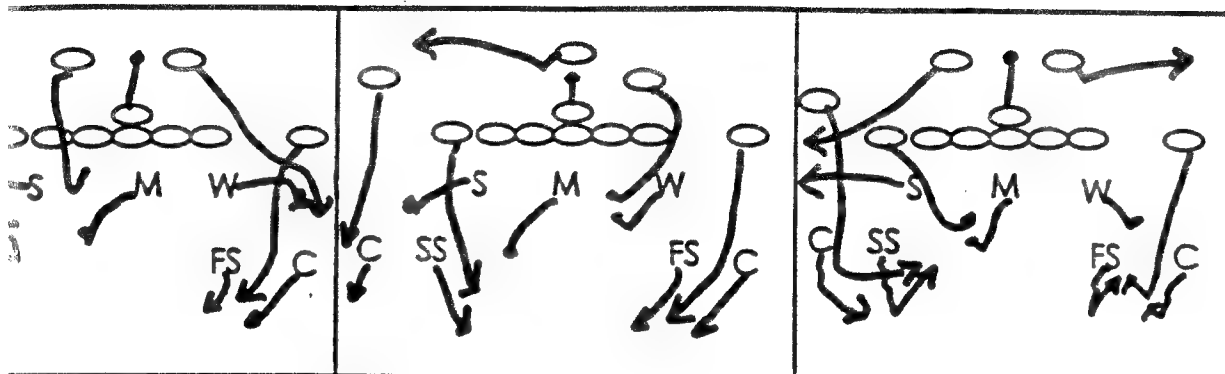
DOUBLE SWITCH



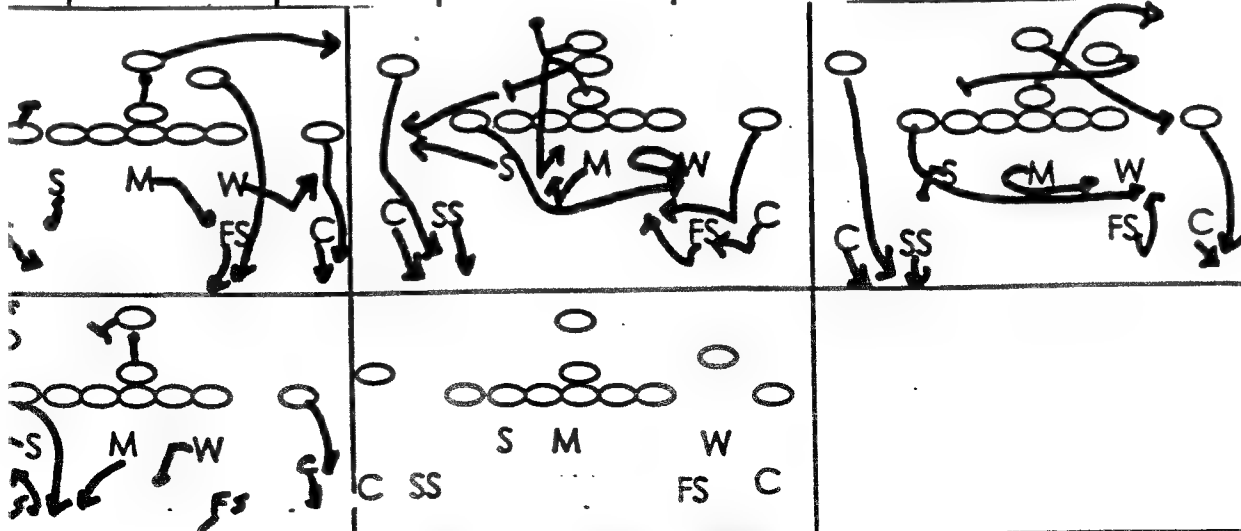
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky (Alert for Crack replace)	Outside 1/4 Technique	1. Man to Man #1 10 Yards or deeper. 2. Alert Wheel Call vs 2 Stack
Strong Safety	+2/ on Y +10 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	1. Key #2. If vertical route, play over the top of him. (I/S 1/4). 2. If #2 runs Shoot, play underneath all inside routes of #1. (Curl-Post) 3. If #2 crosses, get depth in inside 1/4. Alert for #3. Zone the 1/4.
Free Safety	+2 On Wk Tackle +10 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	1. Same as SS. 2. If weak Back blocks, Zone inside 1/4, check #3 strong, help #1. 3. Alert Wheel call vs 2 man Stack. 4. Shallow cross by #1 Rob or Zone off QB.
Weak Corner	I/S +7 On #1	Sky (Alert for Crack replace)	Outside 1/4 technique	1. Same as Strong Corner 2. Alert Wheel call vs 2 stack.

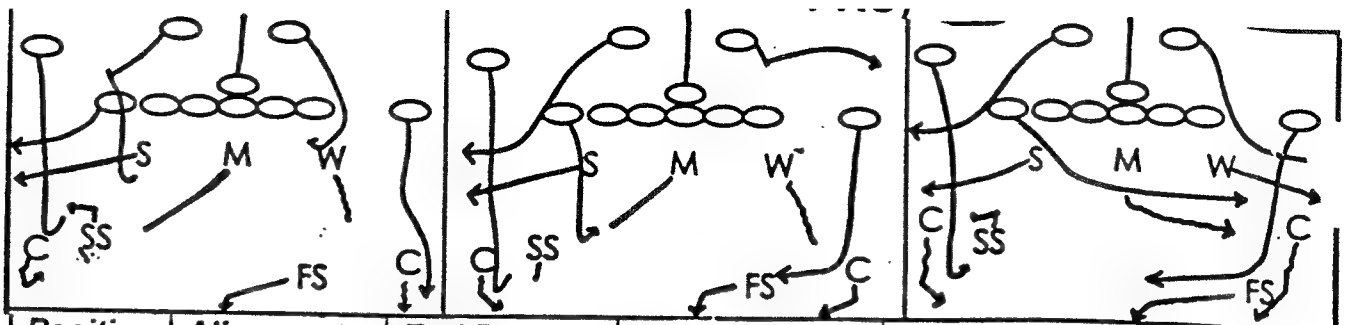


DOUBLE SWITCH

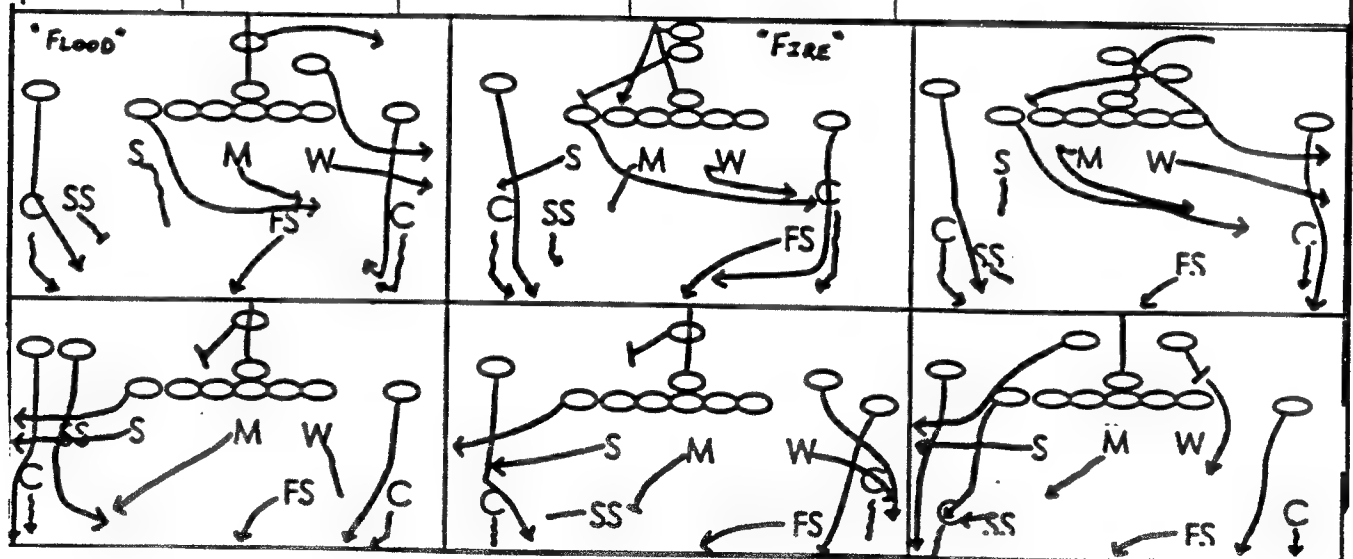


ON	ALIGNMENT	END RUN FORCE	PASS TECHNIQUE	COACHING POINTS
	Front will dictate	Sky	Curl to flat on #2 or who becomes #2.	<ol style="list-style-type: none"> 1. Key #2 release. If he runs Shoot route, immediately cover him. If he turns up, cover him. 2. If #2 runs vertical route, jam, squeeze, read #3. 3. If #2 crosses, work off and read #3. If #3 runs Shoot route cover him. 4. #3 Aligned from backfield goes up you go up. 5. Vs Trips, cover down on #2 and give End FB call.
	Front will dictate	Sky	Strong hook (Read route progression)	<ol style="list-style-type: none"> 1. Work to strong hook and read #2/#3 progression. 2. If #3 aligned runs up, cover him. 3. Vs Trips, cover down on #3 strong. 4. #3 Aligned from backfield goes up you go up.
	Front will dictate	Sky	Curl to flat on #2 or whoever becomes #2.	<ol style="list-style-type: none"> 1. Same as Sam. 2. Alert for Fire rule. 3. #3 Aligned in backfield goes up you go up. 4. Cover down on #2 weak. 5. Alert for Wheel Call

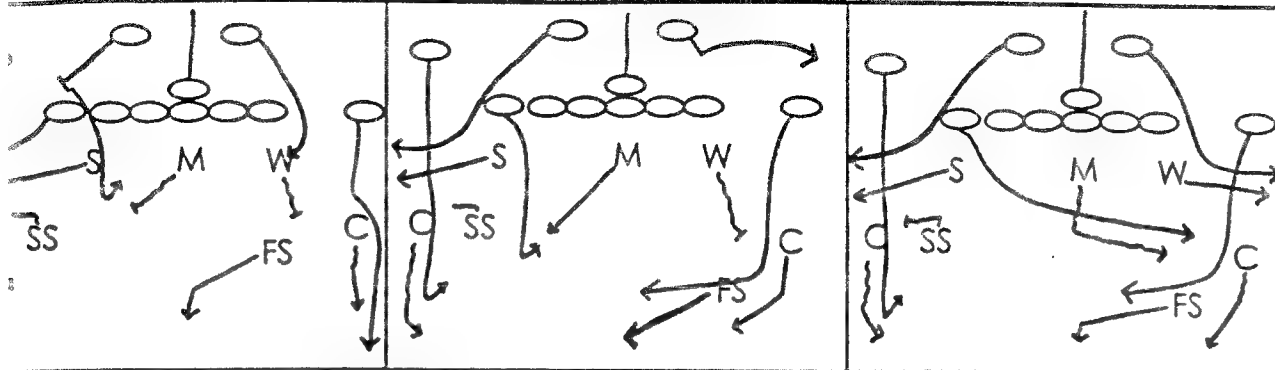




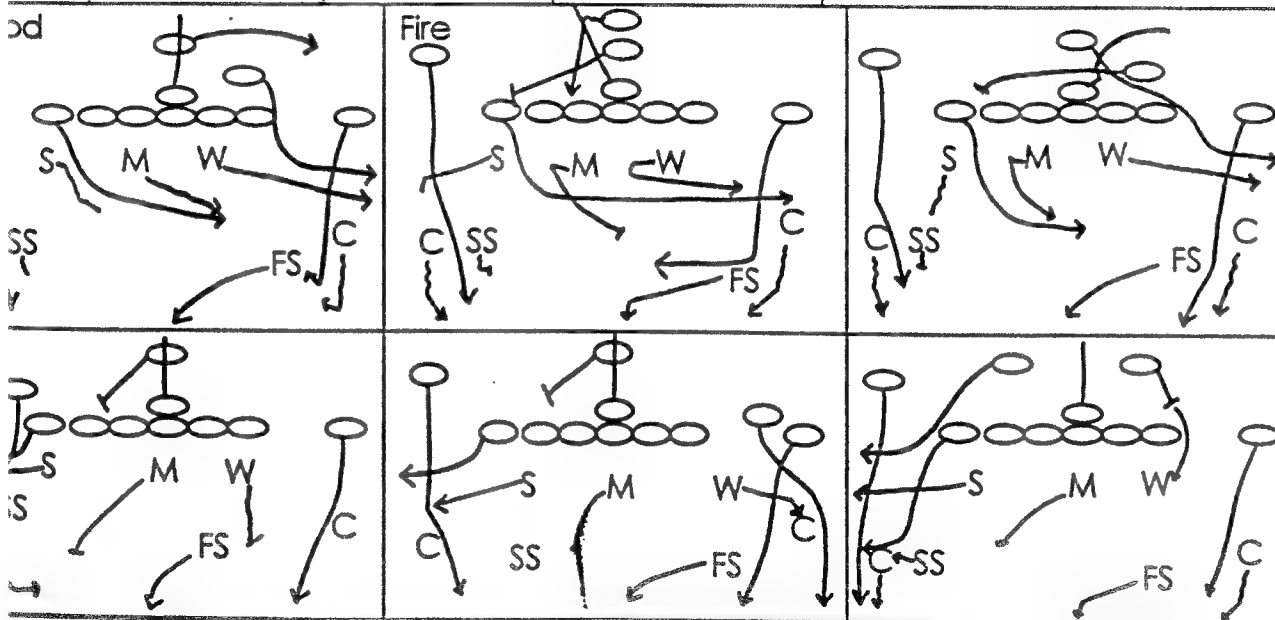
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky	Outside 1/3	1. M-M in Zone Unless 2 Up.
Strong Safety	+2/ on Y +10 Disguise	Sky	Curl	1. Mirror TE, Zone QB. 2. Man Vertical TE route.
Free Safety	+2/ on T +10	Backer	Middle 1/3	1. Work quickly to middle of formation. 2. Get depth and read QB. 3. Don't jump intermediate routes.
Weak Corner	I/S +7 On #1	Backer	Outside 1/3 Clue	1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue Tech- Zone off QB.



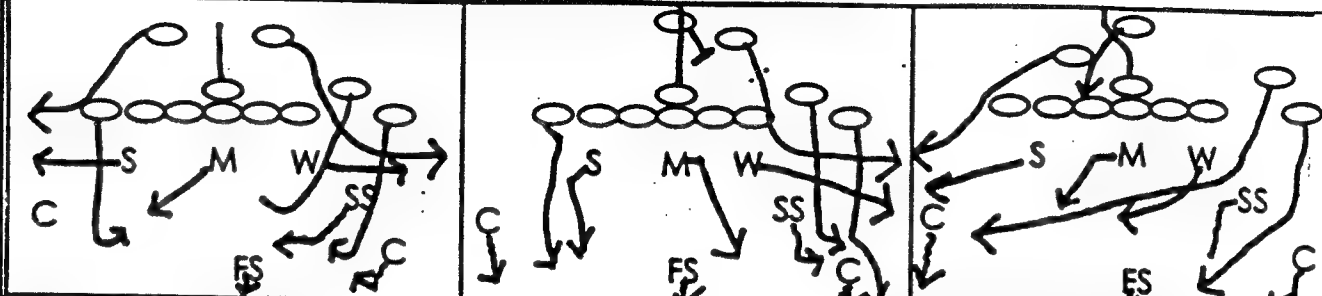
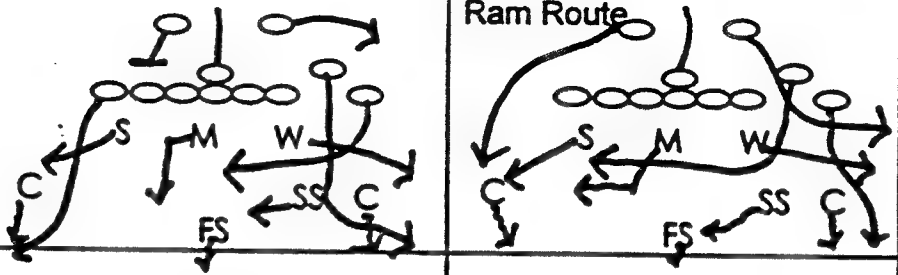

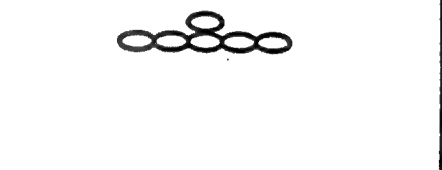

COVER 3 EXCHANGE (VS PRO)



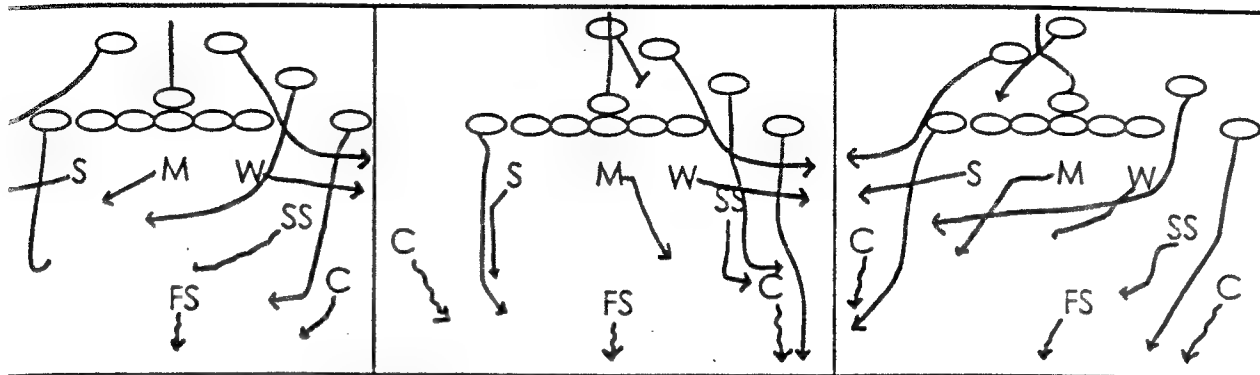
Position	Alignment	End Run Force	Pass Technique	Coaching Points
DB	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch
DE	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch 2. If #3 Strong blocks, check #2 Weak.
DT	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch



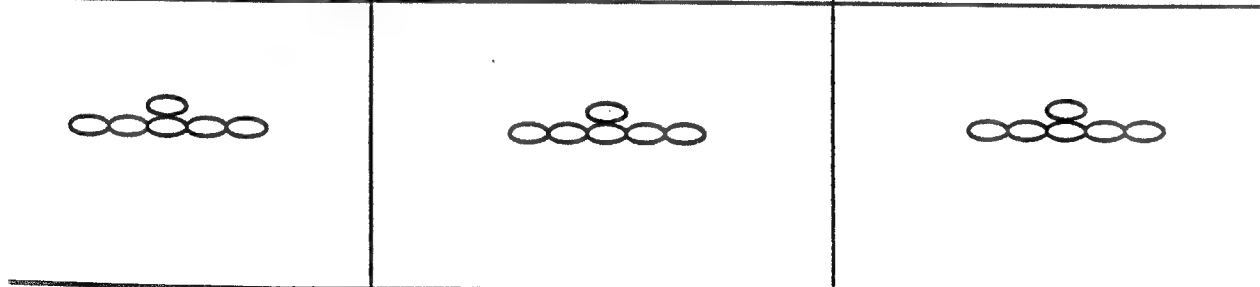
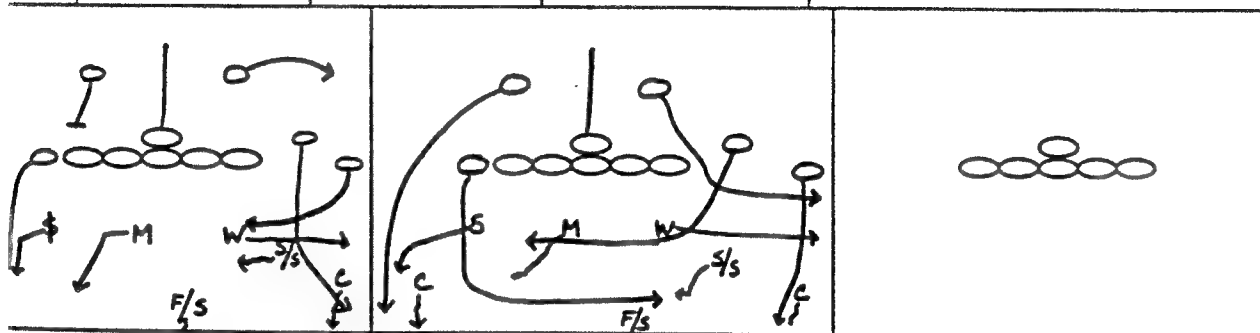
COVER 3 EXCHANGE VS SLOT

				
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Same as C3	Same as C3X vs Pro	<ol style="list-style-type: none"> 1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue Tech, Zone off QB.
Strong Safety	-1 On Slot +5	Same as C3X vs Pro	Mirror Slot	<ol style="list-style-type: none"> 1. Mirror #2, Alert for China.
Free Safety	Middle of formation +12	Same as C3X vs Pro	Same as C3X vs Pro	<ol style="list-style-type: none"> 1. Same as C3X vs Pro 2. Vs Run Weak, play pass responsibility.
Weak Corner	+2/+5 On Y	Backer	Outside 1/3	<ol style="list-style-type: none"> 1. No threat of Y Overlap receiver.
				
				

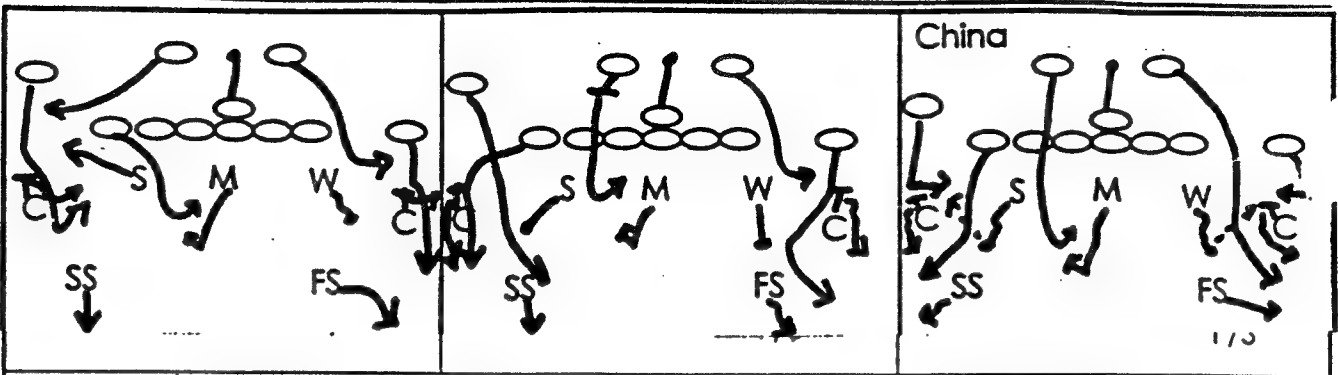
COVER 3 EXCHANGE VS SLOT



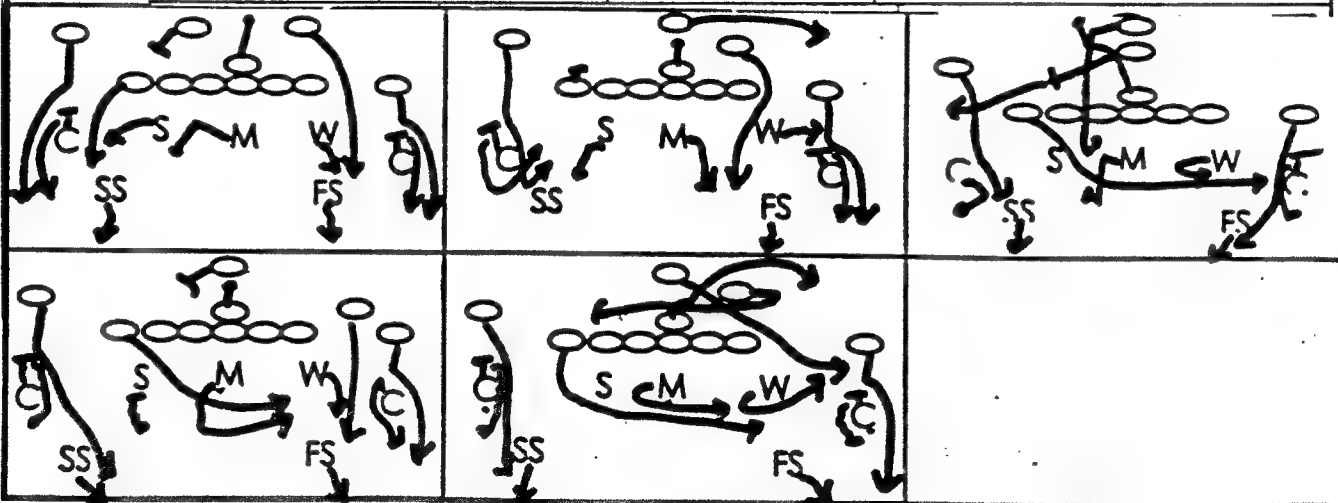
ion	Alignment	End Run Force	Pass Technique	Coaching Points
1	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch
2	Front will dictate	Sky	Read #2 Weak	1. Play like Double Switch to TE side. 2. Vs 1 Back play off of #3.
3	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch



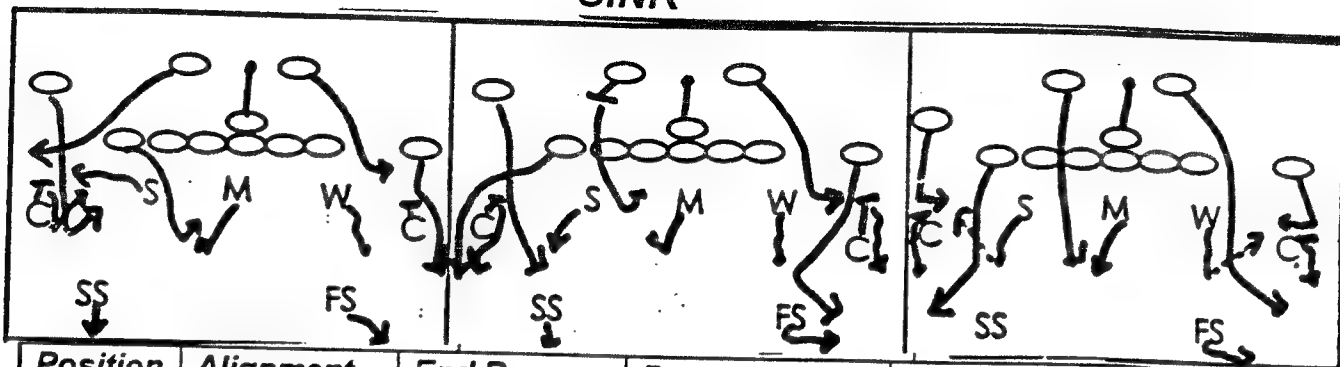
SINK



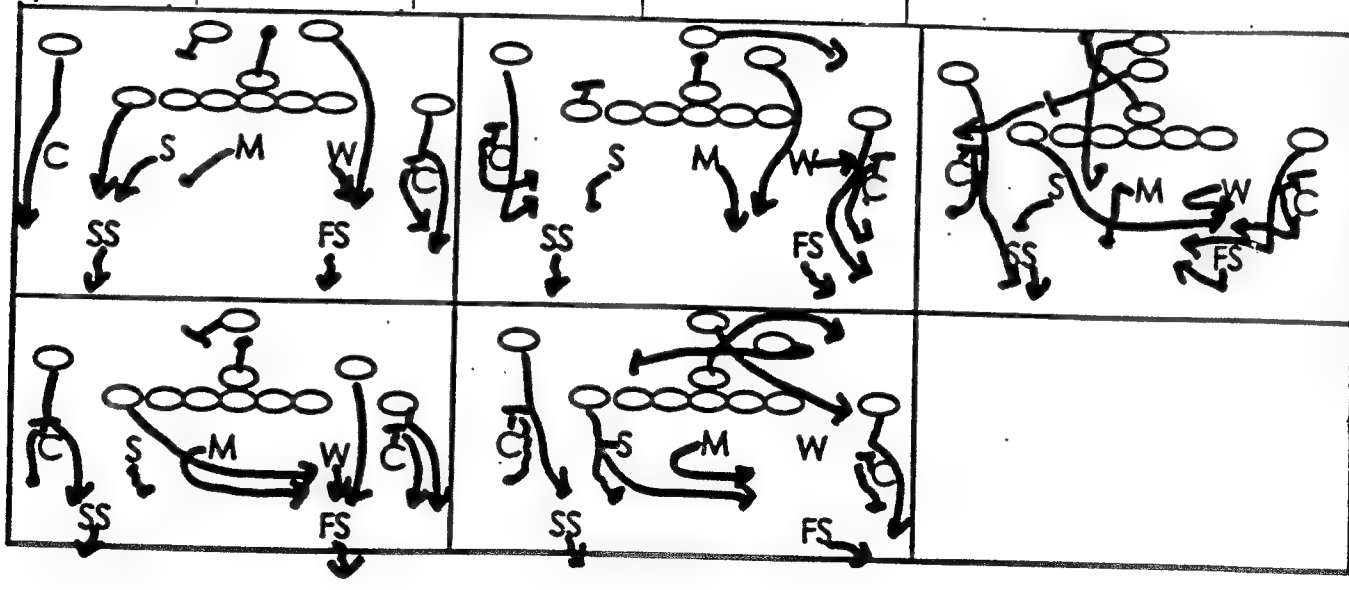
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	O/S +7 On #1	Cloud	Sink	Flat responsibility. Key #2. If #2 is out, sink for post corner and break up on throw. Run with #2 through zone. If #2 is up, You are up.
Strong Safety	2Yards Inside #s/+14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 & #3 for total picture. If #2 is up, maintain position 2 yds inside numbers & break on ball. If #2 blocks or is out, lean on #1. Do not forget #3. Get plenty of depth.
Free Safety	2 Yards Inside #s/+14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 for total picture. If #2 is up, maintain position 2 yds inside numbers and break on ball. If #2 blocks or is out, lean on #1. Do not forget #2 & #3 strong. Get plenty of depth.
Weak Corner	O/S +7 On #1	Cloud	Sink	Flat responsibility. Key #2. If #2 is out, sink for Post corner and break up on throw. Run with #2 through zone. If #2 is up, you are up. Fire rules apply



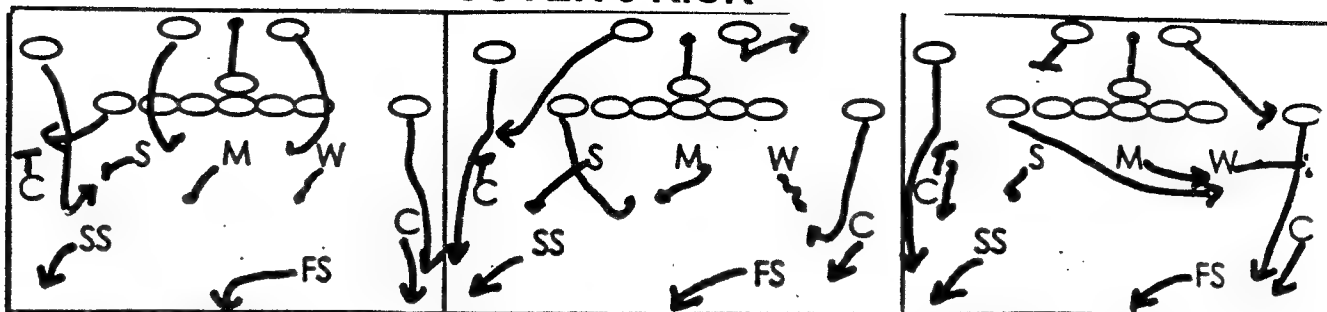
SINK



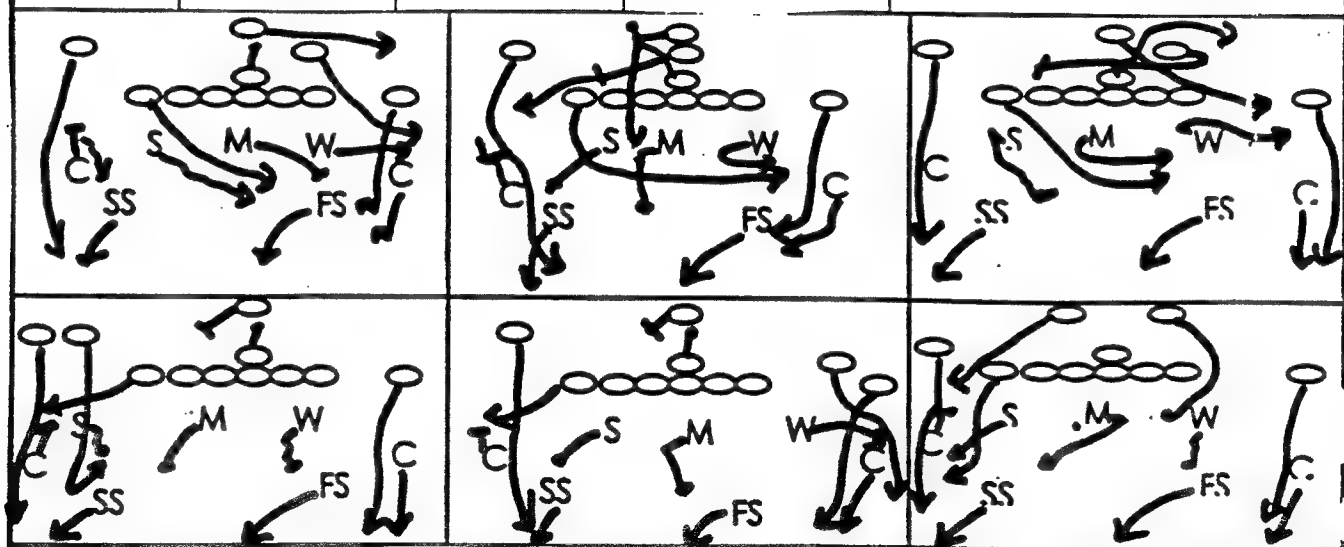
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #2 Strong Drop to curl on #2. Read route progression. 	<ol style="list-style-type: none"> Never let #2 inside once he releases up field through your zone. If he goes deep, go up with him. If #2 releases inside on snap, give Mike "In" call and zone off whoever becomes #2. Be alert to expand with #3. If #2 makes your remove from alignment, give Mike "I'm Gone." Be alert for China or in call.
MIKE	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #3. Drop to strong hook. Read route progression. 	<ol style="list-style-type: none"> If Same gives in call, wall off and run up. If #2 releases outside, drop off #3 and stay on top of #3 release. Be alert for China or in call. Carry all crossers.
WILL	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #2 weak. Drop to weak curl on #2 or whoever becomes #2. 	<ol style="list-style-type: none"> If #2 runs up through your zone, wall him off and run up with him. If #2 runs to flat or blocks, drop to curl. If #2 makes you remove from your alignment, give Mike "I'm Gone." Be alert for China or In Call Alert for Fire Rules.



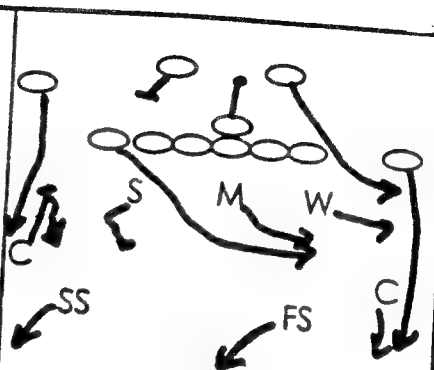
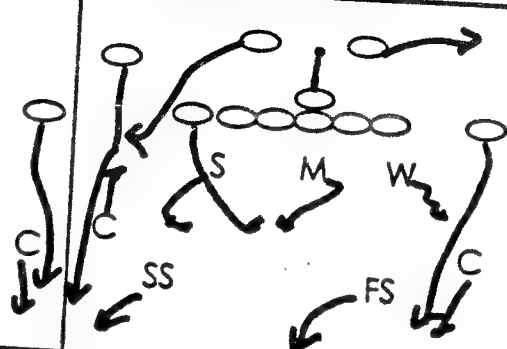
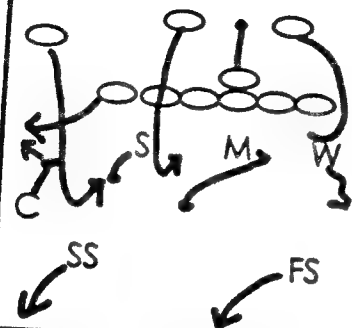
COVER 3 KICK



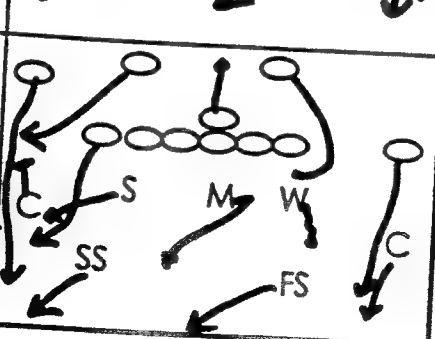
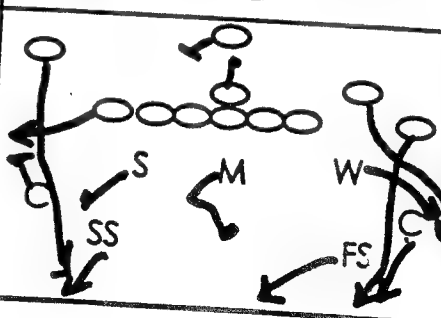
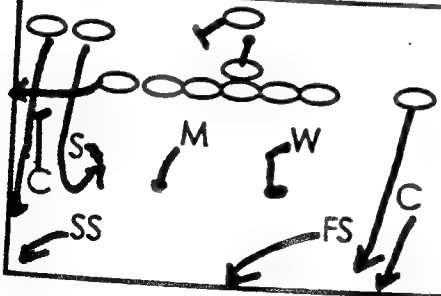
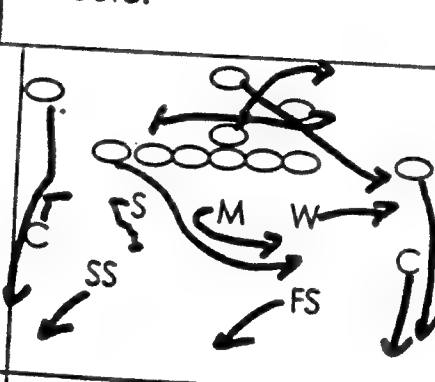
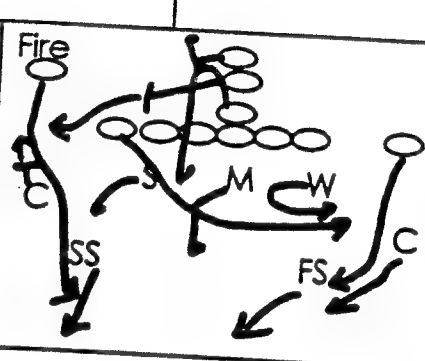
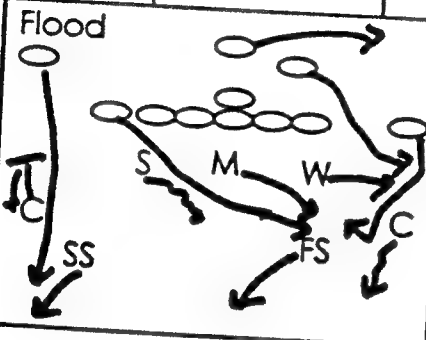
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 on #1	Kick	Kick	<ol style="list-style-type: none"> 1. If inside release, bait inside and read #2/#3 progression. 2. #2 to flat, jump him 3. If #1 outside release, bait and read #2/#3 progression 4. No #2/#3 to flat, get depth and squeeze #1. 5. #2 through zone, cover him. 6. Alert for 1/4's call from SS.
Strong Safety	Split #1 & #2 +12	Kick	Outside 1/3 Clue	<ol style="list-style-type: none"> 1. Drive to outside 1/3. 2. Key #1 release. If outside, work to inside shoulder and Clue. 3. If #1 inside, exit to #'s and Clue. 4. If Kick Weak play 1/4 Tech St.
Free Safety	+2 on T +10 to +12	Backer	Middle 1/3	<ol style="list-style-type: none"> 1. Work quickly to middle of formation. 2. Get depth and Read QB 3. Don't jump intermediate routes.
Weak Corner	H/+7 On #1	Backer	Outside 1/3 Clue	<ol style="list-style-type: none"> 1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue - Zone off QB



COVER 3 KICK



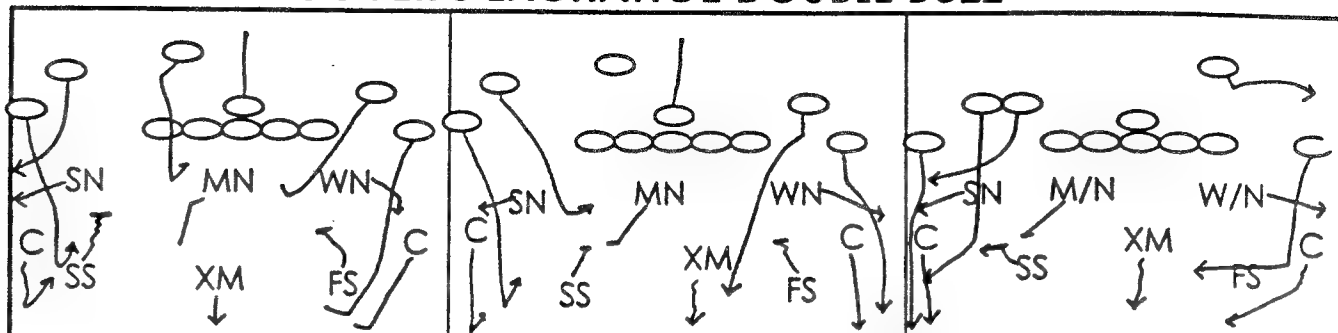
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Kick	Curl-Drop off #2	1. Cover down on #2 2. If #2 runs corner route, lock on him.
MIKE	Front will dictate	Kick	Read #2 away from kick call vs 2 back set	1. Read #2 away from kick 2. If #2 shoot, work curl to that side. 3. If #2 does anything else, work off #3 4. Vs 1 Back Set, Mike play off of #3.
WILL	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch 2. Use Double Switch cover down rules. 3. If covered down on #2, re-route.



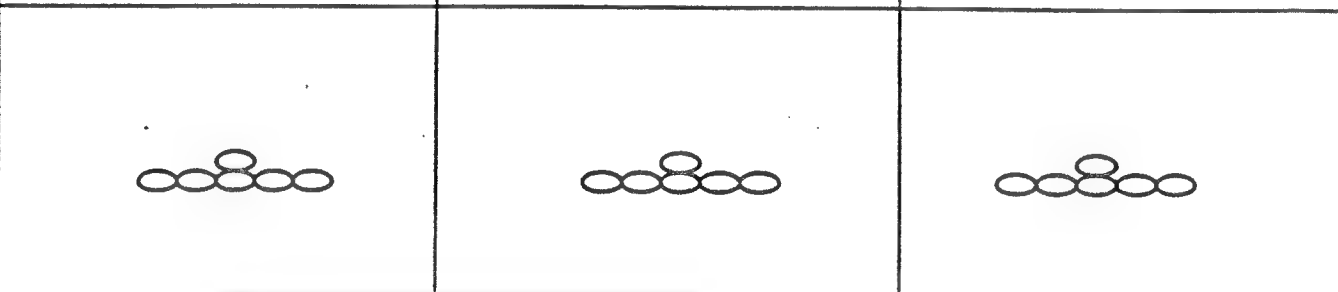
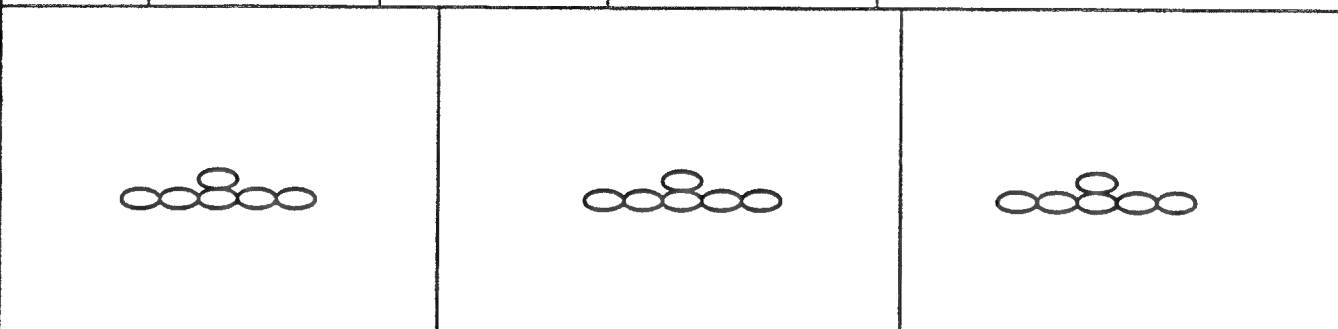
Position	Alignment	End Run Force	Pass Technique	Coaching Points	
Strong Corner	I/S +7 On #1	Box	Inside M/M on #1 (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules or Trio. 4. Inside 10 yard line, if no Banjo, automatic press. 	
Strong Safety	O/S +10 on Y Disguise	Box	M/M on Y (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules or Trio. 4. Blue and Trips, adjust and cover #2. Alert LB'er. 5. Fire pass, Banjo #2/#3 with FS 	
Free Safety	+2/+10 On Weak Tackle Disguise	Box	Inside M/M on #2 Weak (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules. 4. Trips, adjust and cover #3 strong (Possible Banjo w/ SS). Alert LB'er. 5. Fire Pass, Banjo #2/#3 with SS. 	
Weak Corner	I/+7 On #1	Box	Inside M/M on #1 (Possible Press)	<ol style="list-style-type: none"> 1. Same as Strong Corner. 2. Vs Slot, corner over. 	

30 -COVER 3 EXCHANGE DOUBLE BUZZ

10



Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	1/S +7 On #1	Sky	Outside 1/3 (Clue)	1. Same as C3 Exchange. (Standard and Nickel)
Strong Safety	+2/+12 on #Y	Sky	Strong Curl	1. Same as Strong Safety in C3 Exchange. (Standard and Nickel)
Weak Safety	+2/+12 On Weak Tackle	Sky	Weak Curl	1. Same as Strong Safety in C3 Exchange. (Standard and Nickel)
Weak Corner	1/S +7 On #1	Sky	Outside 1/3 (Clue)	1. Same as C 3X in Standard and Nickel
X Man	+10 M.O. F.	Sky	Middle 1/3	1. Same as Free Safety in C3 Exchange. (Standard and Nickel)



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✓
2 June

3-11-1964

Handwritten notes and diagrams:

- Top center: O
- Left side: O , F/S , W
- Center: O , $O/E/E/E$, n/w , x/s
- Right side: O , w/w , CS

30 - COVER 3 EXCHANGE DOUBLE BUZZ

11

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM NICKEL	Front will dictate	Sky	Flat	1. Buzz immediately to flat; as you go key QB.
MIKE NICKEL	Front will dictate	Sky	Strong Hook	1. Same as Double Switch (Standard and Nickel)
WILL NICKEL	Front will dictate	Sky	Flat	1. Same as Sam Nickel

30 BLITZ RULES

30

Corners = #1s

Safeties = Blitzing

SN = #2 Pass St

WN = #2 Away Pass St

MN = Blitzing or Red Dog

XS = RB or Blitzing



X . SUB PACKAGE
50

More about the gaps B

→ FHM

000000
T T T B

↓ WW →

SN

1/3

SS

→ 3/4 → 1/4

2

C

1/3

1/3

1/3

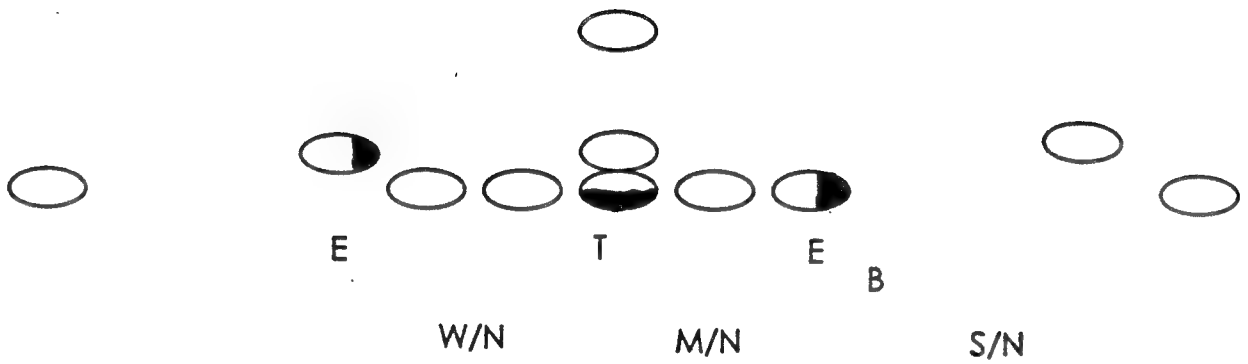
C

SS

1/3

1/3

50

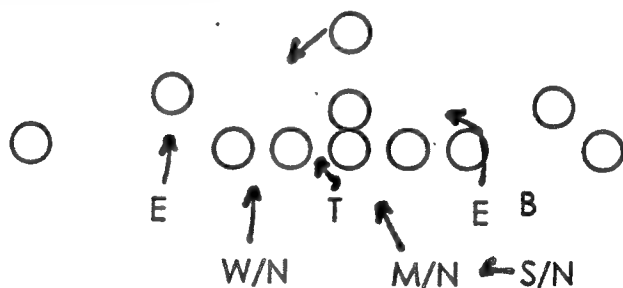


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Rip	By Cov.	Ball	C Gap	Squeeze/ Pursue	Contain
LT. END	5 Tech	Rip	By Cov.	Ball	C Gap	Squeeze/ Pursue	Contain
Nose Tackle	0	Base	By Cov.	Ball	Del. A Gap	Pursue	Inside Rush
Backer	9	By Cov.	By Cov.	Ball	By Cov.	Pursue	By Cov.
SAM NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	Cov. dictates	Cov. dictates	By Cov.
MIKE NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	B Gap	B Gap Pursue	By. Cov.
WILL NICKEL	Form. Will dictate	Cover dictate	By Cov.	Ball & Back	B Gap	B Gap Pursue	By Cov.

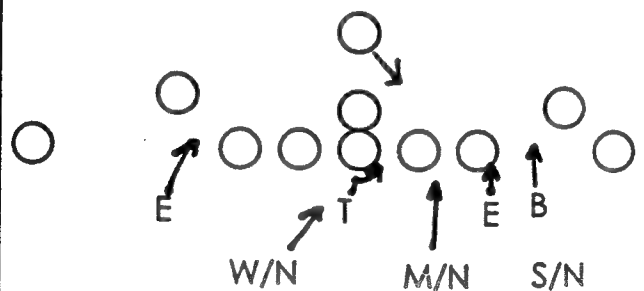
ADJUSTMENTS:

COVERAGE CALLS:

RUN STRONG



RUN WEAK



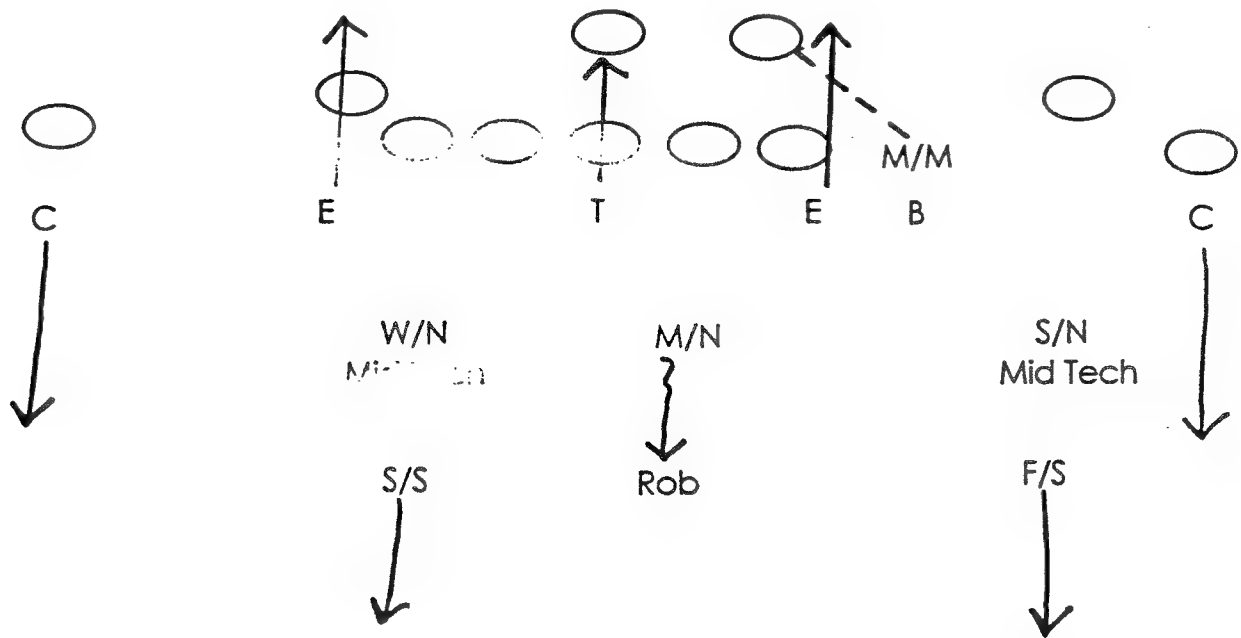
50 COVER SCHEMES -- 3 MAN RUSH

50 Shadow

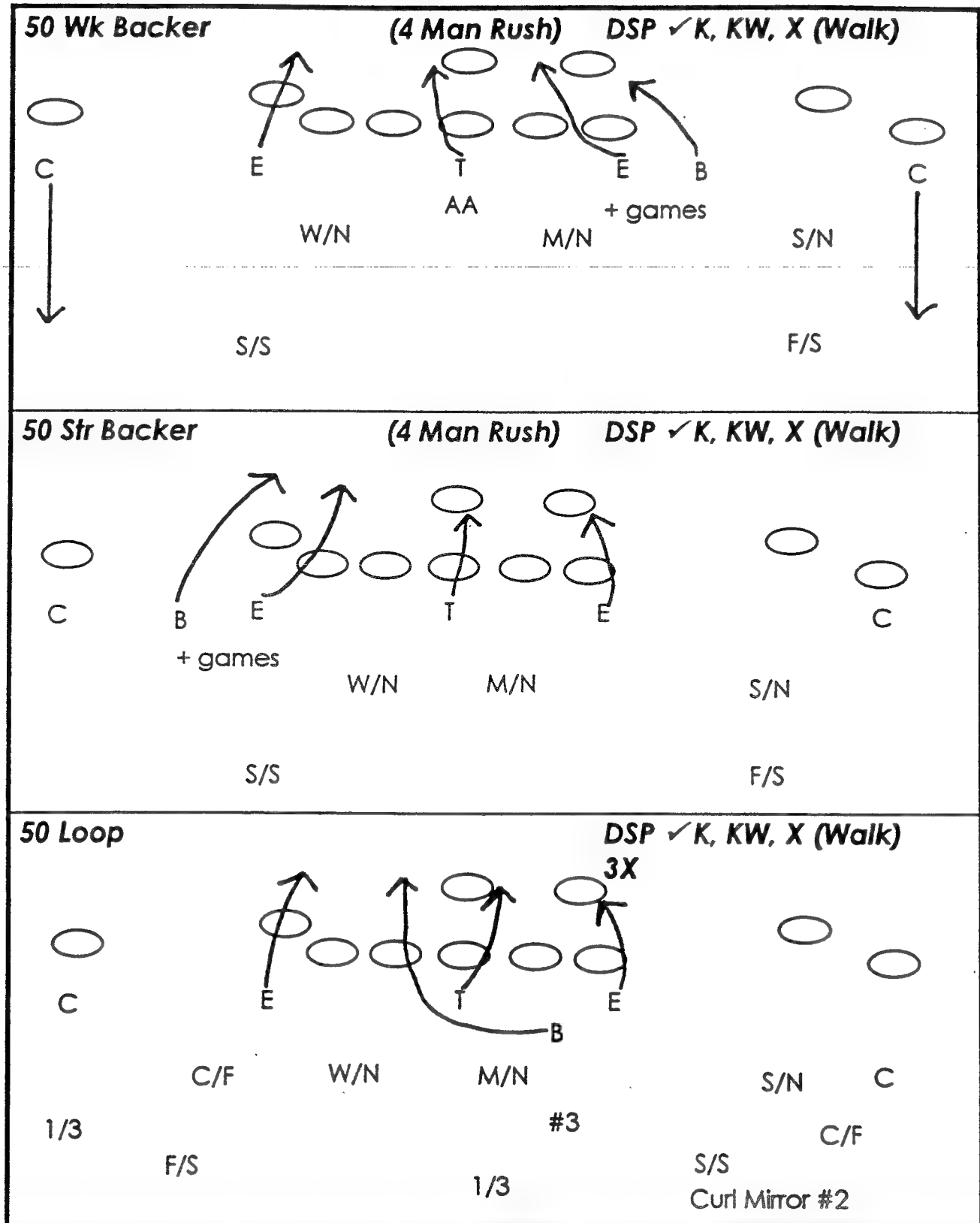
DS ✓K, KW, X (Walk)

Sink Thief ✓K, KW, X (Walk)

DS Man Thief ✓K, KW, X (Walk)



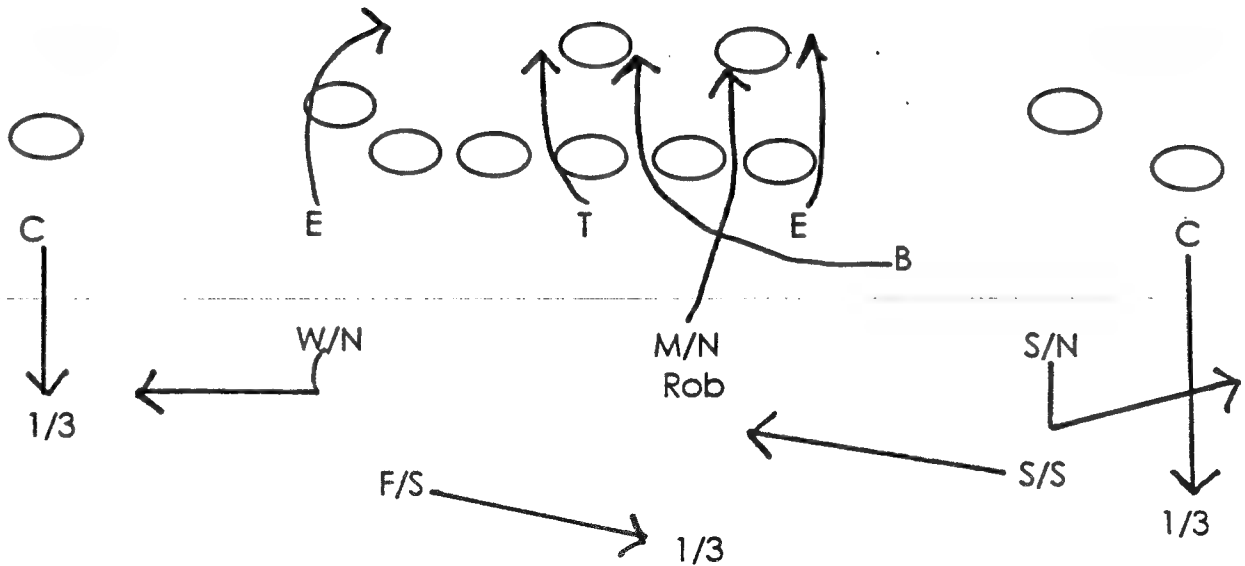
50 RUSH SCHEMES -- 4 MAN RUSH



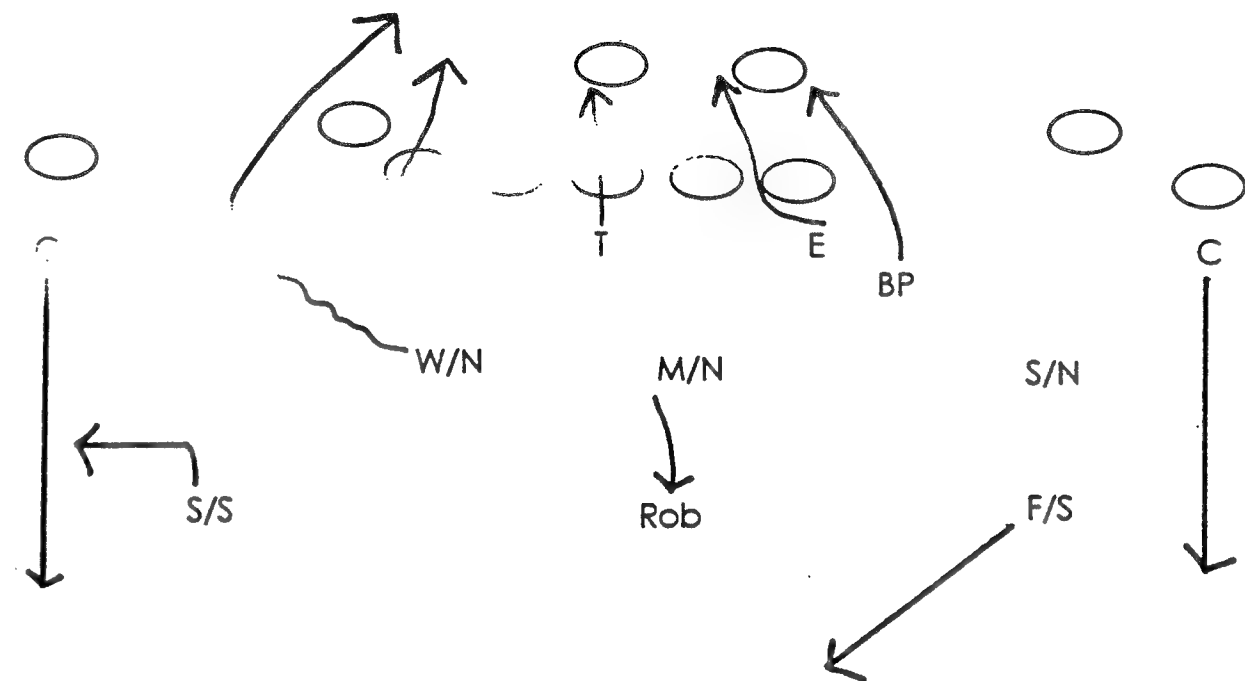
50 RUSH SCHEMES -- 5 MAN RUSH

50 Wk Barrel

3X Middle

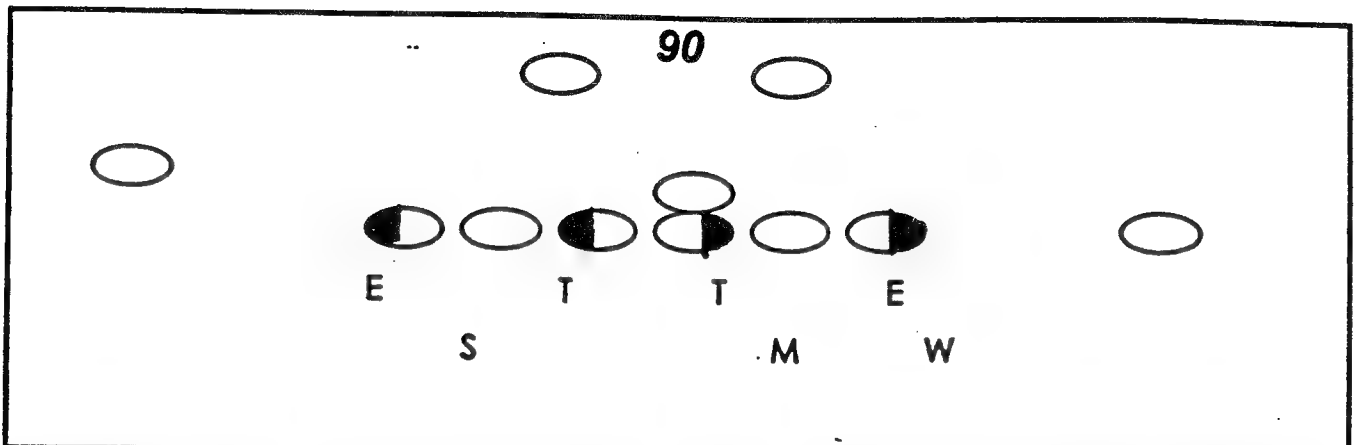


50 Strong Nickel Fire C3





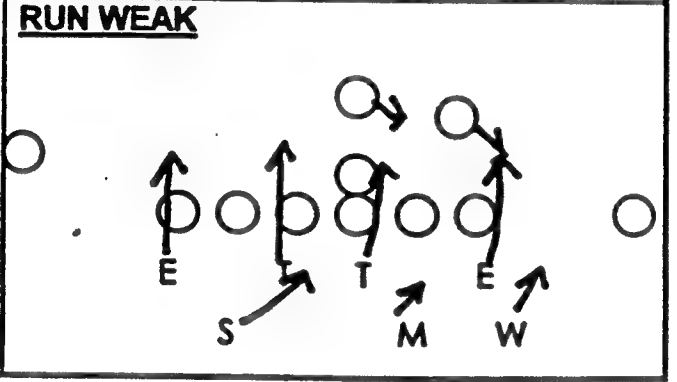
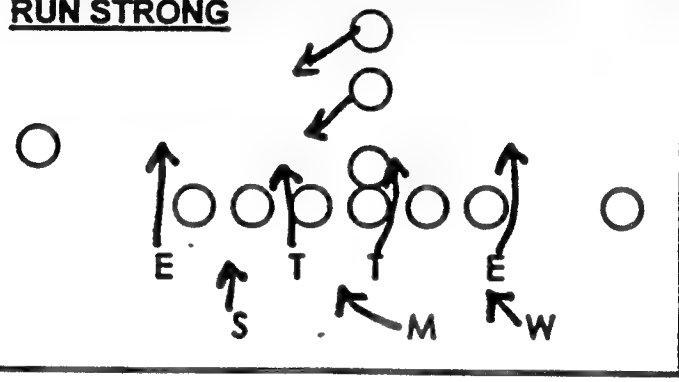
XI. DEFENSIVE FRONTS AND STUNTS

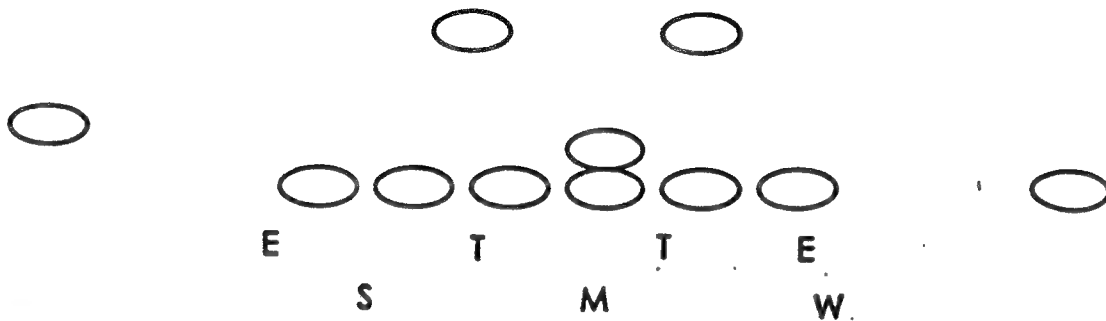


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	9	Read on Move	By Cov.	TE	D Gap	Squeeze/ Pursue	Contain
RT. TACKLE	1	Read on Move		Center	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	40	Read	By Block Scheme & Cov.	Back thru Tackle	C Gap to Alley	Check A Gap Pursue	Cov. Called
MIKE	20	Read	Same as SAM	Back Key	B Gap	Check A Gap Pursue	Cov. Called
WILL	60	Read	Same as SAM	Near Back to Ball	Mirror Key to Alley	B Gap Cut Back	Cov. Called

ADJUSTMENTS: Two Tite: Adjust by Game Plan
 One Back: Adjust. By LBer or LBer calls (Gap or Fullback)
 Pair: Adjustment by LBer Flex: Adjustment to Fullback Stunt

COVERAGE CALLS: By Game Plan Motion: By Game Plan





Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	9	Read on Move	By Cov.	TE	D Gap to Alley	Squeeze/ Pursue	Contain
RT. TACKLE	2	Read on Move		Guard	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	40	Read	By Blk. Scheme & Cov.	Back thru Tackle	C Gap to Alley	Check A Gap Pursue	Cov. Called
MIKE	0	Read	By Blk. Scheme & Cov.	Backs thru to Center	A Gap Strong	B Gap Weak	Cov. Called
WILL	60	Read	By. Blk. Scheme & Cov.	Near Back to Ball	Mirror Key to Ball	B Gap Cut Back, Ball	Cov. Called

ADJUSTMENTS: Two Tite: Adjustment by game plan

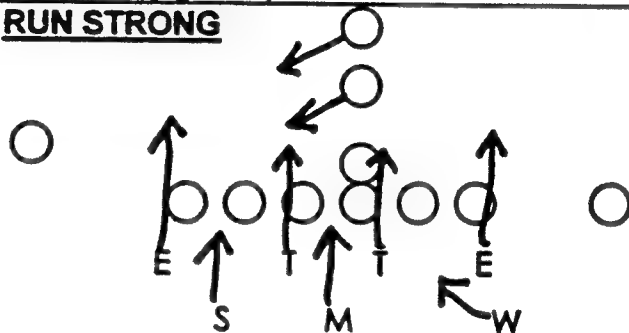
One Back: Adjustment by LB'er - calls by LB'ers (Gap-Fullback)

Pair: Adjustment by LBer Flex: Adjustment by 9 Tech. End to Fullback Stunt/

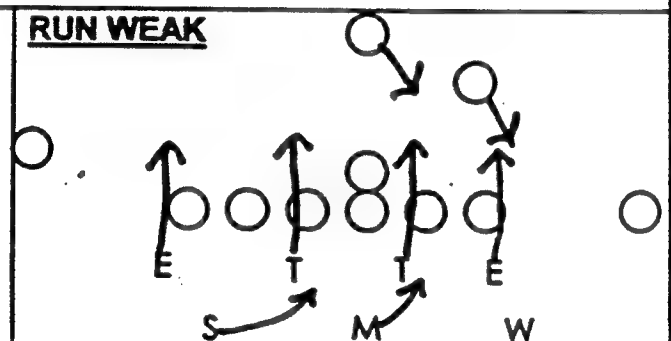
COVERAGE CALLS: By Game Plan

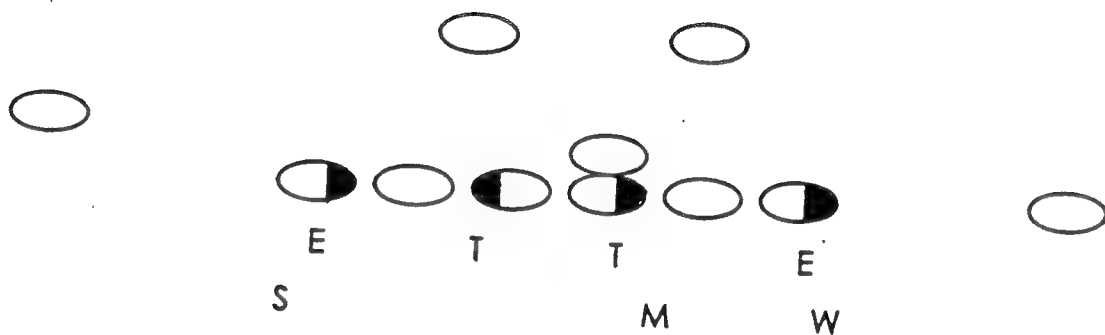
Motion: By game plan

RUN STRONG



RUN WEAK





Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on move	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	Read on move	By Cov.	TE	C Gap	Squeeze/ Pursue	Contain
RT. TACKLE	1	Read on move	By Cov.	Center	A Gap	Squeeze/ Pursue	Inside Pressure
LT. TACKLE	3	Read on Move	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Pressure
SAM	Stack	Read	By Blocking	Back	Scrape	Check & Pursue	Cov. Called
MIKE	20	Read	Scheme & By Cov.	Back	B Gap	Check A & Pursue	Cov. Called
WILL	60	Read	By Cov	Near Back to Ball	Mirror Key to Alley	B Gap Cut Back	Cov. Called

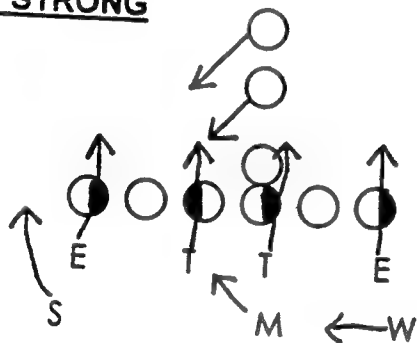
ADJUSTMENTS: 2 Tite: Adjust by game plan

One Back: Adjust LB'er or LBER calls.

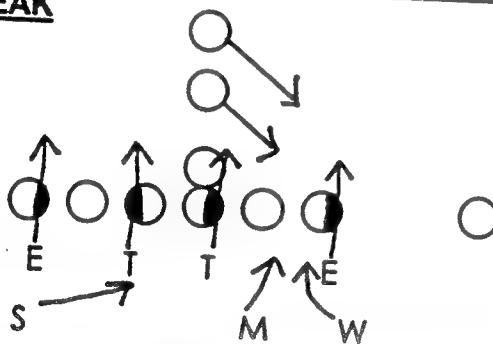
Pair: Adjustment by LB'er.

COVERAGE CALLS: By Game Plan.

RUN STRONG



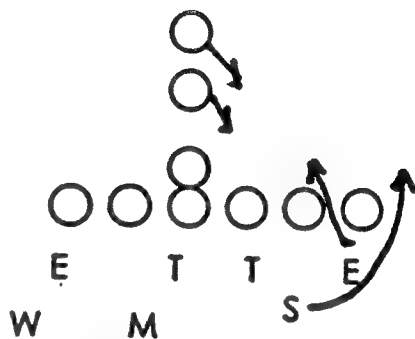
RUN WEAK



90 FRONT- RUN STUNTS

2

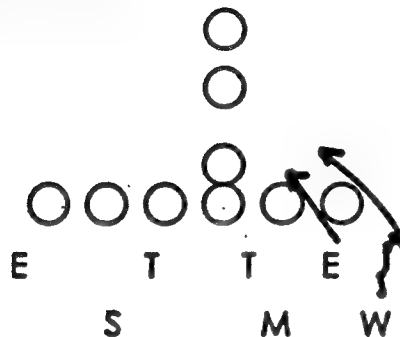
FULLBACK



Coaching Points:

Run stunt by the 9 Technique End. Rip across the face of the TE and work upfield in the "C" Gap. SLB, Will scrape outside to "D" Gap on flow. Can be huddle call or adjustment to Flex or Ted TE.

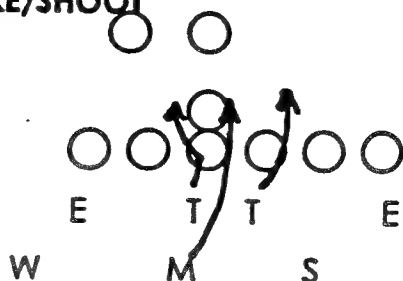
GAP/CRASH



Coaching Points:

Run stunt by the Weak End (5 Technique) and WLB. End rips across face of OT and works upfield in the "B" Gap. Will scrapes off the butt of the OT. Will must try to time the QB's cadence to take advantage of disguise.

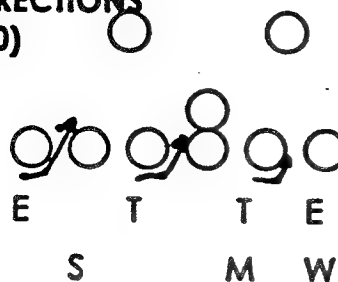
MIKE/SHOOT



Coaching Points:

Run stunt that involves both tackles and the MLB. Tackles outside Rip upfield their run responsibility and the Mike LB'er fires the "A" Gap strong. All other players Base Techniques.

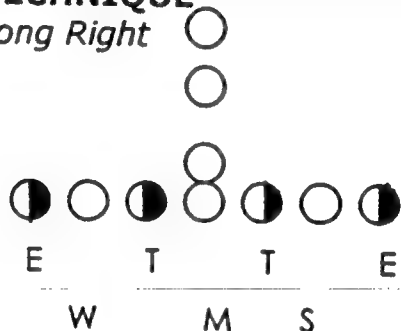
DIRECTIONS (40)



Coaching Points:

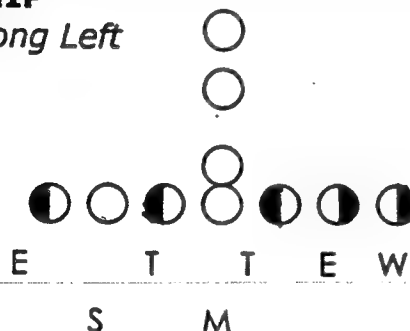
Run stunt where entire defensive line or just a portion slant in a predetermined direction. It can be by formation or to a certain player.
* Linebackers must be aware of gap changes by the charge of the defensive line.

Below are the possible adjustments to two Tight Ends. Adjustments will be chosen by game plan and the opponents personnel package.

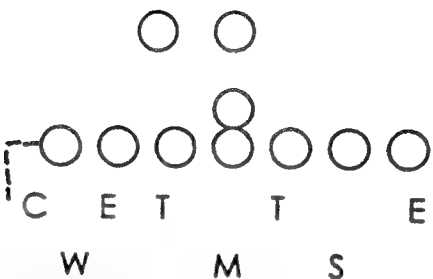
7 TECHNIQUE*Strong Right***Coaching Points:**

*The weak side end moves to 7 Technique alignment. Will stays in a 50. Gap and Read responsibilities stay the same.

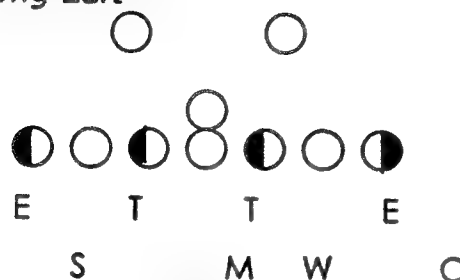
Will must be ready to Scrape outside. (If we do not want to read the 7 Technique, we can add automatic FB Stunt.)

WHIP*Strong Left***Coaching Points:**

*No adjustment by the defensive line. Will walks up in a 6 Technique.

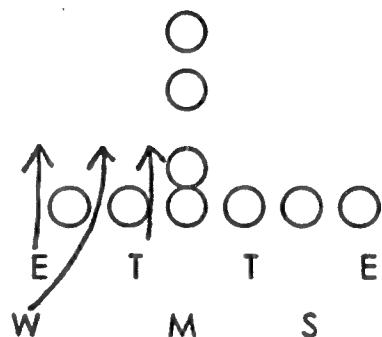
CORNER - CLOUD**Coaching Points:**

*If the offense for effect would align the X receiver tight, we could adjust with the Corner and make no adjustments to the front seven.

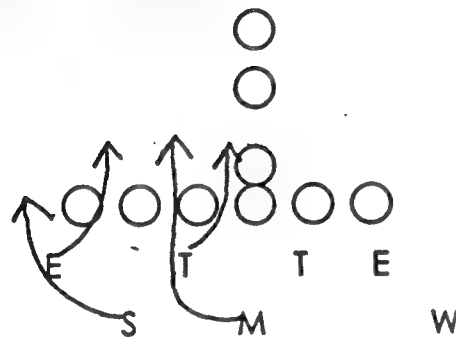
9 TECHNIQUE*Strong Left***Coaching Points:**

*By game plan, we can also play a 9 Technique to the weak side. Offensive attack must be considered and coverage support must be tied to the call.

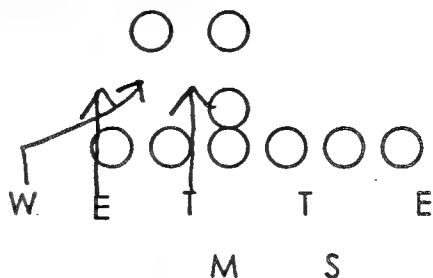
40 - RUN STUNTS

DIVE**Coaching Points:**

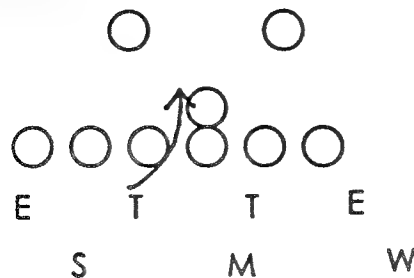
A run stunt that involves the WLB and the weak side End. The End Rips through the outside of OT. The Will LB'er fires through the "B" Gap weak.

MIKE/SCRAPE**Coaching Points:**

A run stunt that involves strong End, Tackle, Sam and Mike. The End runs a Fullback Stunt, the Tackle runs a Rip across the Guard, Mike scrapes into "B" Gap and Sam scrapes outside.

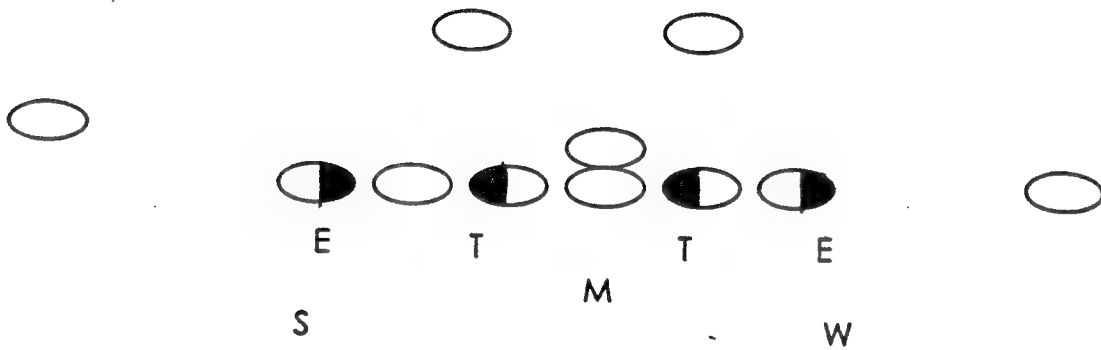
WILL TWIST**Coaching Points:**

A run stunt that compliments Gap/Crash. Will lines up in "Whip" position to threaten Gap/Crash. Starts upfield then comes under the end into the "C" Gap.

PINCH**Coaching Points:**

A run stunt with strong tackle aligned in 3 Technique making a hard charge into the "A" Gap. (Possible trap alert, scramble, QB spy, etc.)

47

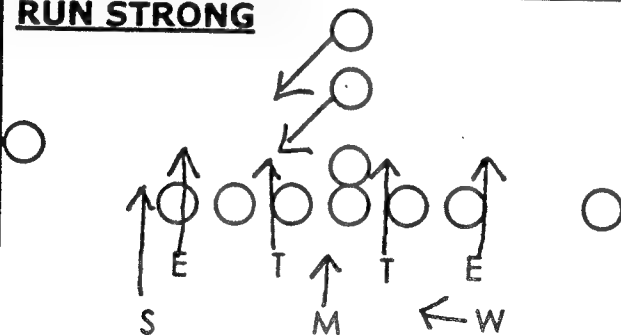


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	5	By Cov	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	7	By Cov.	TE	C Gap	Squeeze/ Pursue	Contain
RT. TACKLE	2	2	By Cov.	Guard	A Gap	Squeeze/ Pursue	Inside Rush
LT. TACKLE	3	3	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Rush
SAM	Stack	Read	Scheme & by Cov.	Back	Scrape D Gap	A Gap to Pursue	Cov. Called
MIKE	0	Read	Scheme & by Cov.	Back	A Gap Strong	B Gap Weak	Cov. Called
WILL	60	Read	By Cov.	Back	Mirro key to Ball	B Gap Cut Back Ball	Cov. Called

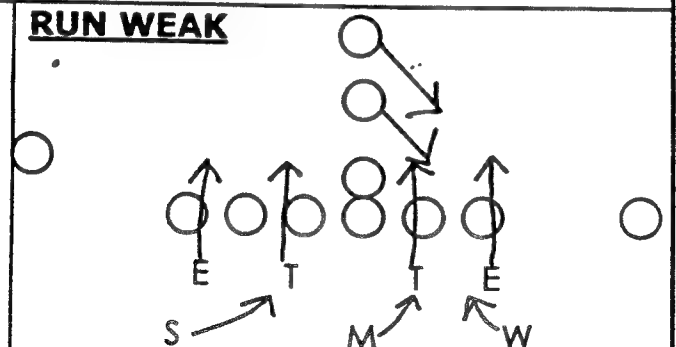
ADJUSTMENTS: Two Tite: Adjust by Game Plan.
 One Back: Adjustment by LB'er or LB'er call.
 Pair: Adjust by LB.

COVERAGE CALLS:

RUN STRONG

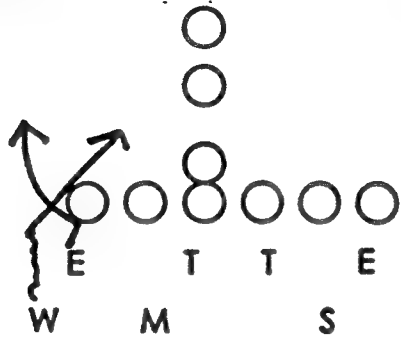


RUN WEAK



90, 40 - RUN STUNTS

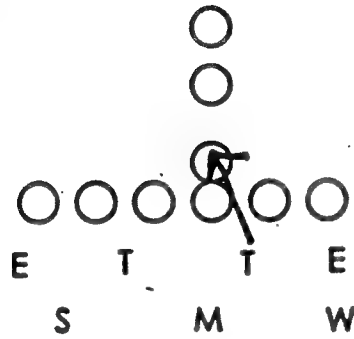
HARD



Coaching Points:

A stunt that involves WLB and the weak side End. End aggressive butts the OT. WLB'er runs a Crash stunt and End loops outside "Spying." Green Dog for screens, flares, etc.

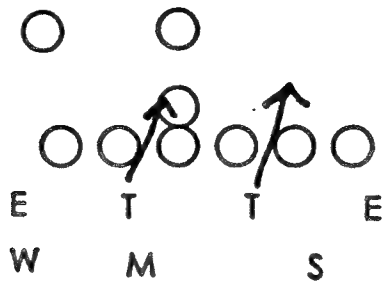
TIM



Coaching Points:

A run stunt that involves the 2 Technique. Aggressively attack through the near shoulder of the OC. Play "A" Gap vs run.

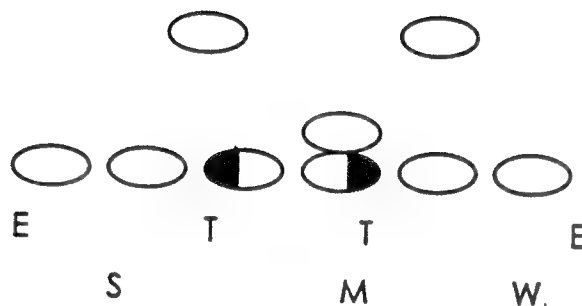
ANGLE



Coaching Points:

A run stunt involving the 2 tackles, 3 Technique, attack through near shoulder of OT. 2 Technique attack through near shoulder of OC. Run gaps do not change from base 40 front.

90 WIDE



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	Wide 5	Read on move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	Wide 9	Read on move	By Cov.	Tight End	D Gap	Squeeze & Pursue	Contain
RT. TACKLE	1	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
LT. TACKLE	3	Read on Move	By Cov.	Guard	B Gap	Squeeze & Pursue	Inside Rush Lane
SAM	40 Tech	Read	By Cov.	Back Key	C Gap to Alley	A Gap Pursue	Cov. Called
MIKE	10 Tech	Read	By Cov.	Back Key	B Gap	A Gap Pursue	Cov. Called
WILL	60 Tech	Read	By Cov.	Back Key	B Gap to Alley	B Gap Cutback	Cov. Called

ADJUSTMENTS: Two TE: Adjust by Game Plan.

One Back: Adjust by LBer or LBer call.

Pair: Adjustment by LBer.

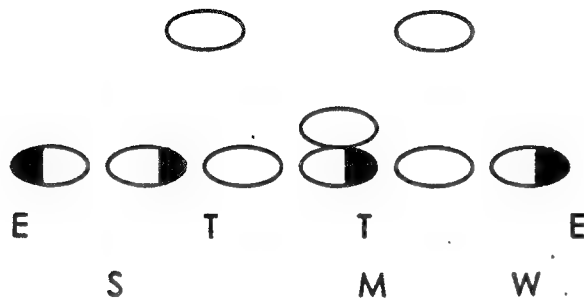
COVERAGE CALLS:

RUN STRONG



RUN WEAK





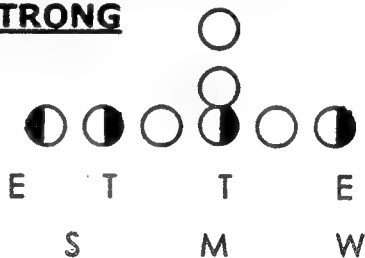
Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Read on Move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	9 Tech	Read on move	By Cov.	Tight End	D Gap	Squeeze & Pursue	Contain
RT. TACKLE	1 Tech	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
LT. TACKLE	4 Tech	Read on Move	By Cov.	Tackle	B Gap	Squeeze & Pursue	Inside Rush Lane
SAM	40 Tech	Read	By Cov.	Back Key	C Gap to Alley	A Gap Pursue	Cov. Called
MIKE	10 Tech	Read	By Cov.	Back Key	B Gap	A Gap Pursue	Cov. Called
WILL	60 Tech	Read	By Cov.	Back Key	B Gap to Alley	B Gap Cutback	Cov. Called

ADJUSTMENTS: Two TE: Adjust by Game Plan.
 One Back: Adjust by LBer or LBer calls.
 Pair: Adjustment by LBer.

COVERAGE CALLS: By Game Plan

MOTION: Adjust by Game Plan

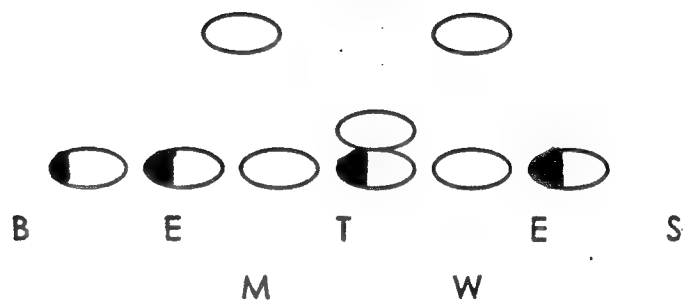
RUN STRONG



RUN WEAK



50 TITE SAM



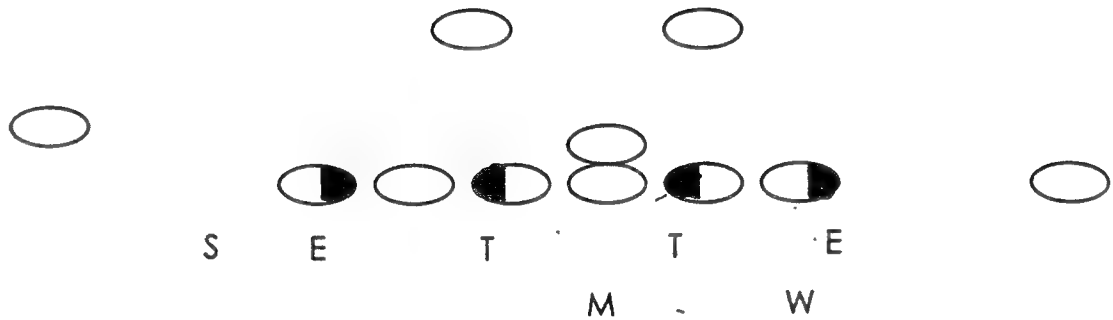
tion	Align	Tech.	Support	Key	Run To	Run Away	Pass
KER	9	Read on Move	By Cov.	Tight End	D Gap	Fold cutback B Gap	By Cov.
END	5	Read on move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
E KLE	1	Read on Move	By Cov.	Center	A Gap	Squeeze & Pursue	Inside Rush Lane
END	4	Read on Move	By Cov.	Tackle	B Gap	Squeeze & Pursue	Inside Rush Lane
	6 Tech	Read	By Cov.	Back	B Gap	A Gap	Cov. Called
E	30 Tech	Read	By Cov.	Back	B Gap	A Gap	Cov. Called
L	20 Tech	Read	By Cov.	Back	A Gap	A Gap to Alley	Cov. Called

USTMENTS:

ERAGE CALLS:

STRONG	RUN WEAK

47 SOLID

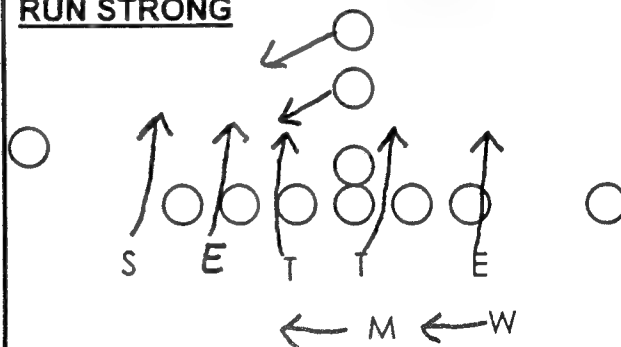


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Read on Move	By Cov.	Tackle	C Gap	Squeeze & Pursue	Contain
LT. END	7 Tech	Read on Move	By Cov.	Tight End	C Gap	Squeeze & Pursue	Contain
RT. TACKLE	2 Tech	Read on Move	By Cov.	Guard	A Gap	Squeeze & Pursue	Inside rush lane
LT. TACKLE	3 Tech	Read on Move	By Cov.	Guard	B Gap	Squeeze & Pursue	Inside rush lane
SAM	9	Read	By Cov & Blk. Scheme	Back, TE	D Gap	Squeeze Fold	Cov. Called
MIKE	10	Read		Back	A Gap St	B Gap Wk	Cov Called
WILL	30	Read		Back	B Gap to alley	B Gap to alley	Cov. Called

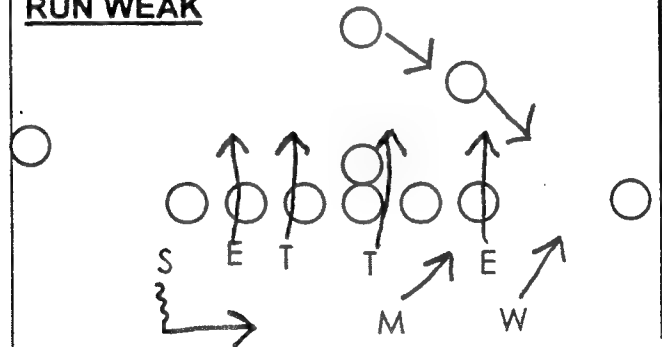
ADJUSTMENTS: Two Tite: Adjustment by game plan.
 One Back Adjustment by Lber or LB'er calls (Gap or Fullback)
 Pair-- Adjustment by Lber. Flex: -- Adjustment to Fullback Stunt

COVERAGE CALLS: By Game Plan
 Motion: By Game Plan

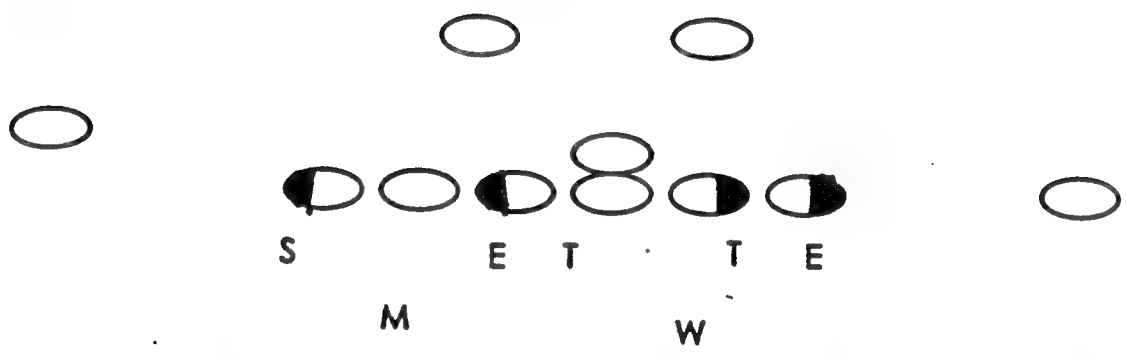
RUN STRONG



RUN WEAK



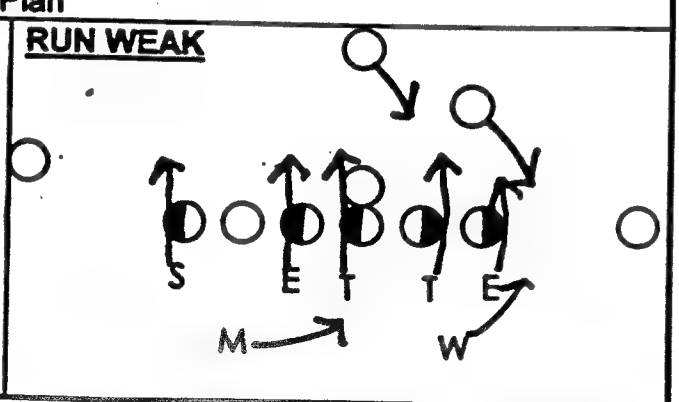
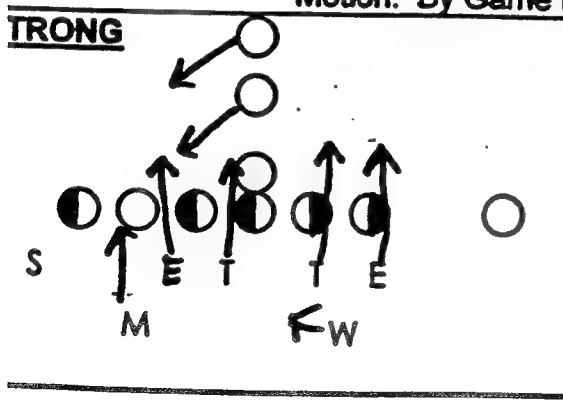
TIGHT 70

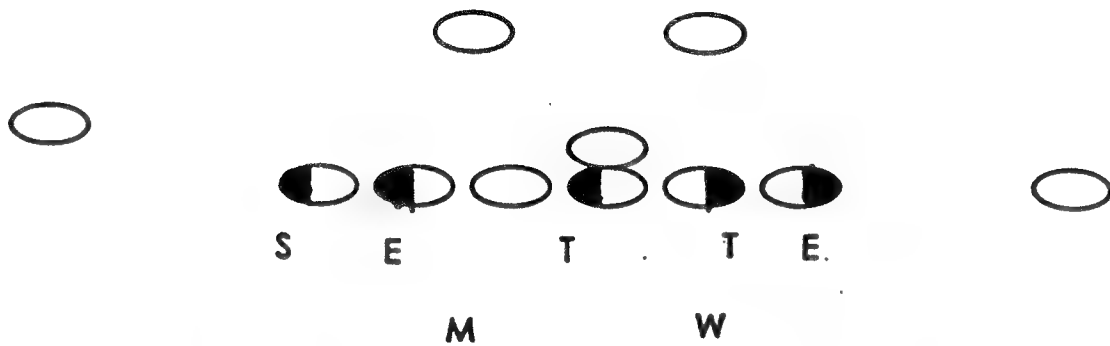


on	Align	Tech.	Support	Key	Run To	Run Away	Pass
ND	5	Read on Move	By Cov & Scheme	Tackle	C Gap	Squeeze & Pursue	Contain
ID	3	Read on Move	By Cov. & Scheme	Guard	B Gap	Squeeze & Pursue	Contain
LE	3	Read on Move		Guard	B Gap	Squeeze & Pursue	Inside
LE	1	Read on Move		Center	A Gap	Squeeze & Pursue	Inside
	9	Read	By Cov & Blk. Scheme	TE	D Gap	Squeeze Fold	Cov. Called
	50	Read	Same as above	Back thru Tackle	C Gap	Squeeze Fold	Cov Called
	40	Read	Same as above	Back	A Gap	Check A Flow	Cov. Called

STATEMENTS: Two Tite: Adjustment by game plan.
One Back Adjustment by LBer or LB'er calls (Gap or Fullback)
Adjustment by LBer. Flex: - Adjustment to Fullback Stunt

RAGE CALLS: By Game Plan
Motion: By Game Plan



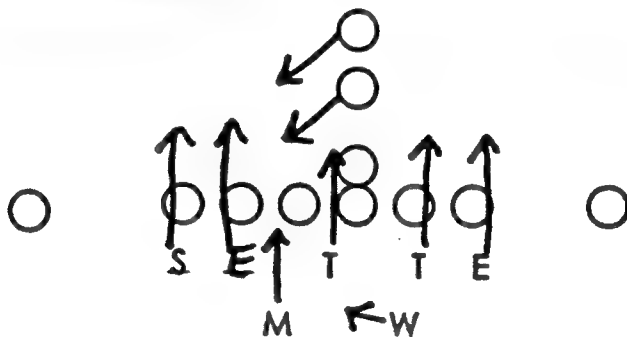


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Read on Move	By Cov.	Tackle	C Gap	Squeeze	Contain
LT. END	5	Read on Move	By Cov.	Tackle	C Gap	Squeeze	Contain
RT. TACKLE	3	Read on Move		Guard	B Gap	Squeeze	Inside Rush
LT. TACKLE	1	Read on Move		Center	A Gap	Squeeze	Inside Rush
SAM	9	Read	By Cov & Blk. Scheme	TE/Near Back/Ball	D Gap to Alley	Squeeze and Fold	Cov. Called
MIKE	30	Read	Same as above	Back	B Gap	Check A Pursue	Cov Called
WILL	30	Read	Same as above	Back	Flow to Ball	A Gap	Cov. Called

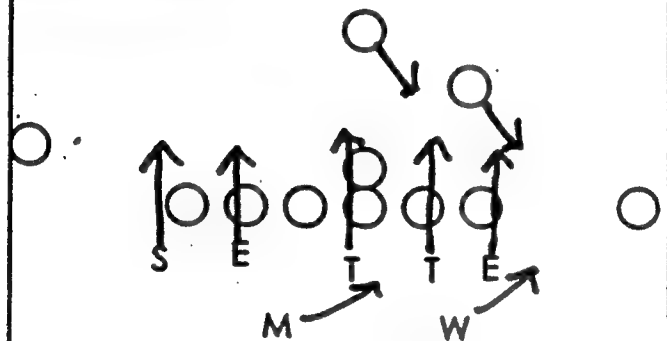
ADJUSTMENTS: Two Tite: Adjustment by game plan.
 One Back LB'ers adjust. Possible Cha Cha or Jet.
 Trips: LB'ers adjust.

COVERAGE CALLS: By Game Plan
 Motion: By Game Plan

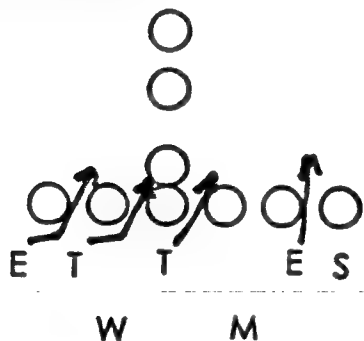
RUN STRONG



RUN WEAK



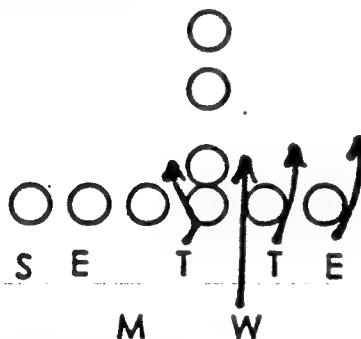
70 "DIRECTIONS"



Coaching Points:

- * Both defensive tackles run a slant stunt in a particular direction by game plan. (I.e., TE, backfield set, motion.)

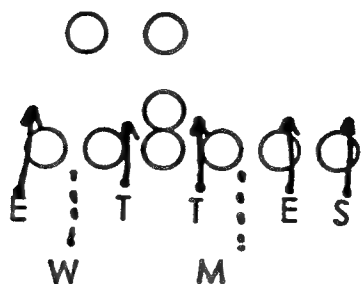
70 WILL DIVE



Coaching Points:

- * Both tackles aggressively rip upfield their run responsibilities.
- * Will runs a shoot stunt in the A gap weak.

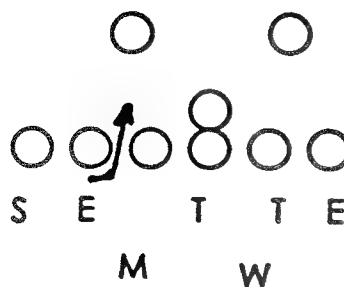
70 "SNEAK"



Coaching Points:

- * Both tackles align in loose 1 Technique alignment and rip upfield.

70 "RAZOR"

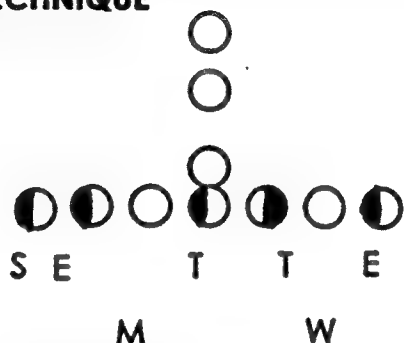


Coaching Points:

- * Is a strong side run stunt. It involves the 5 technique end. It is a hard inside step and rip across the face of the OT. Must penetrate as well as cross the face.

70: Below are the possible adjustments to two Tight Ends. Adjustments will be chosen by game plan and the opponent's personnel package.

7 TECHNIQUE

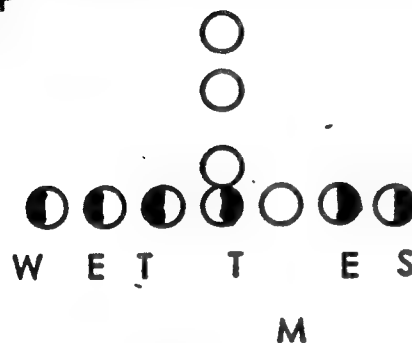


Coaching Points:

* The weak side end moves to 7 Technique alignment. Will stays in a 50. Gap and Read responsibilities stay the same.

Will must be ready to Scrape outside. (If we do not want to read the 7 Technique, we can add automatic FB Stunt.)

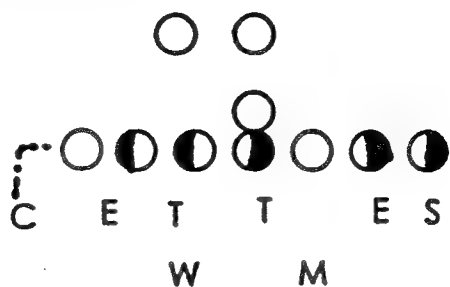
WHIP



Coaching Points:

* No adjustment by the defensive line. Will walks up in a 6 Technique.

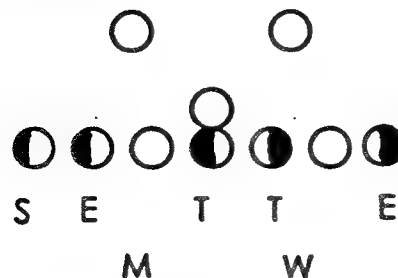
CORNER - CLOUD



Coaching Points:

* If the offense for effect would align the X receiver tight, we could adjust with the Corner and make no adjustments to the front seven.

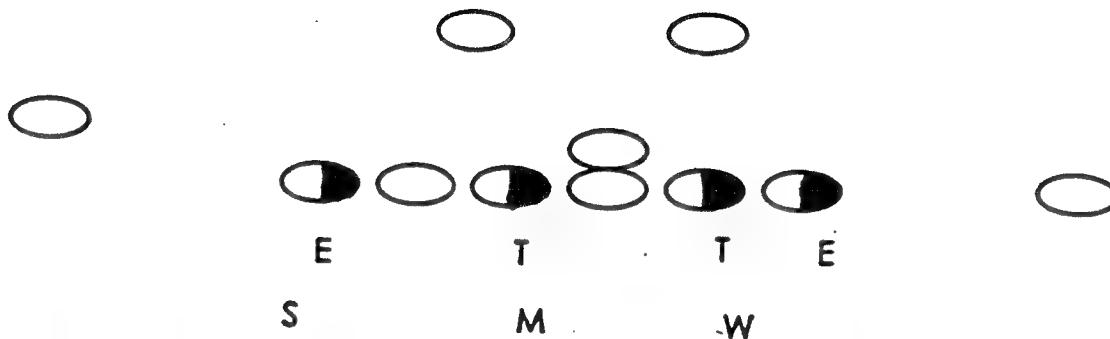
9 TECHNIQUE



Coaching Points:

* By game plan, we can also play a 9 Technique to the weak side. Offensive attack must be considered and coverage support must be tied to the call.

77G

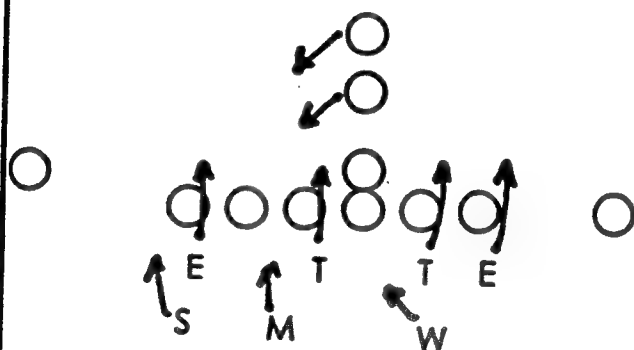


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	5	By Cov.	Tackle	C Gap	Squeeze/ Pursue	Contain
LT. END	7	7	By Cov.	TE	D Gap	Squeeze/ Pursue	Contain
RT. TACKLE	3	3	By Cov.	Guard	B Gap	Squeeze/ Pursue	Inside Rush
LT. TACKLE	2	2	By Cov.	Guard	A Gap	Squeeze/ Pursue	Inside Rush
SAM	Stack	Read	By Cov & Blk. Scheme	Near Back to ball	D Gap or B on FB	B Gap	Cov. Called
MIKE	30	Read	Same as above	Back	B Gap	Check A Pursue	Cov Called
WILL	30	Read	Same as above	Back	Flow to Ball	A Gap	Cov. Called

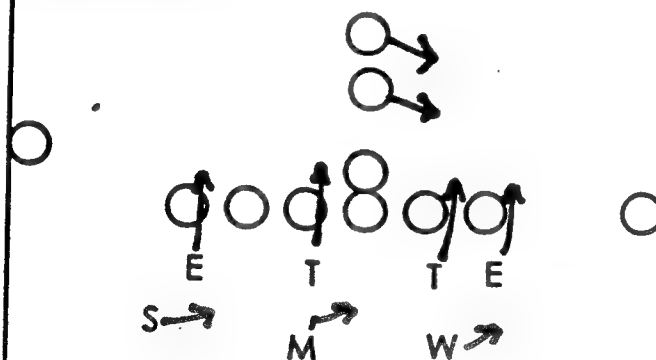
ADJUSTMENTS:

COVERAGE CALLS:

RUN STRONG



RUN WEAK





XII . PASS RUSH GAMES

PASS RUSH GAMES

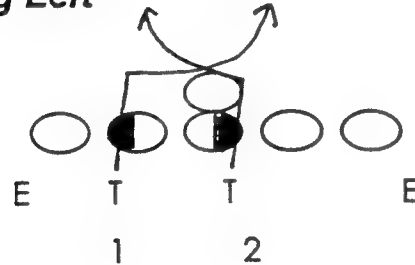
Cha-Cha:

A pass rush game that involves both defensive Tackles. Alignment is predicated by front. The game is designed for 3 technique to go first with the 1 or 2 technique looping.

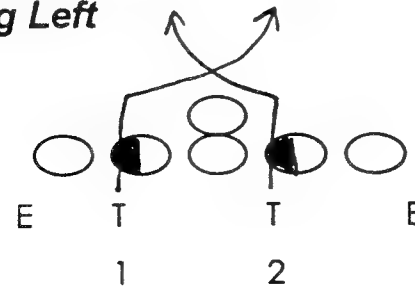
Coaching Points:

- 3 Technique cheat alignment to help inside move.
- 1 Technique help partner step upfield to influence center away from the 3 technique
- Ends keep contain rush

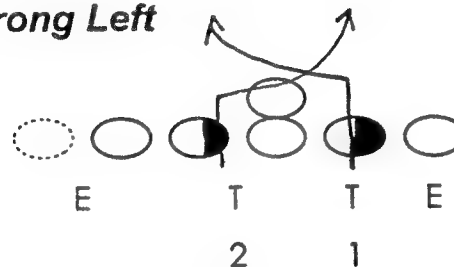
90 Strong Left



40 Strong Left



70 Strong Left

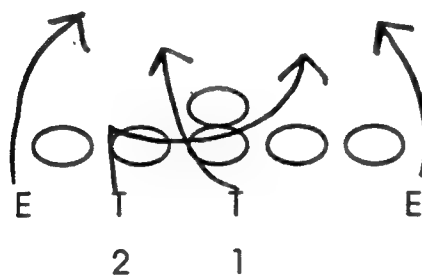


PASS RUSH GAMES

II:

A pass rush game that involves the two defensive tackles. Alignment is predicated by the front called. The game is run with the 1 or 2 Technique going first and the 3 Technique looping.

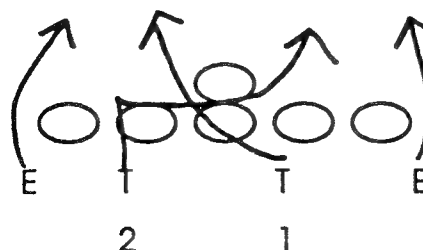
90



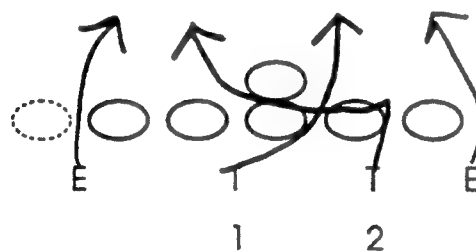
Coaching Points:

- 1 or 2 Technique hard penetrating move at the snap
- 3 Technique step upfield to influence offensive guard
- Ends keep contain rush

40



70

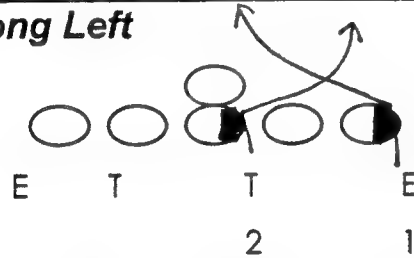


PASS RUSH GAMES

Change:

A pass rush game that involves the weak side defensive end and tackle alignment is predicated by front called. The ends will go first and the tackles will loop.

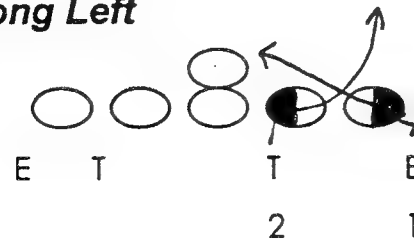
90 Strong Left



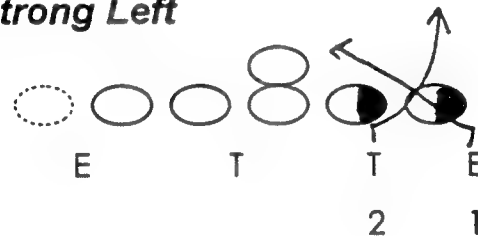
Coaching Points:

- Ends be ready to cheat alignment to help inside move
- Tackles step upfield to influence offensive guard

40 Strong Left



70 Strong Left

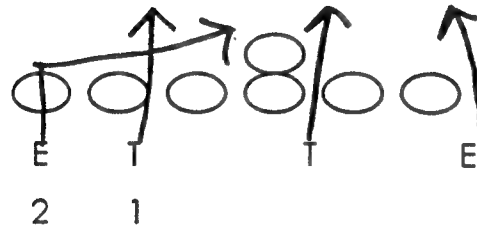


PASS RUSH GAMES

Twist:

A pass rush game that involves a 3 Technique and the end. Alignment is predicated by the front called. The 3 Technique goes first and the end will loop.

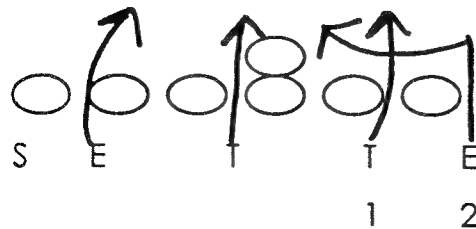
90/40 Strong Left



Coaching Points:

- Tackle explode through B gap and widen for contain rush.
- End step upfield to influence the OT. Become the inside pass rusher.

70 Strong Left

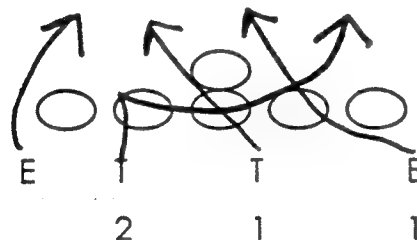


PASS RUSH GAMES

Tango:

A pass rush game that involves both tackles and the weak defensive end. Weak side tackle and end go first with strong side tackle loop.

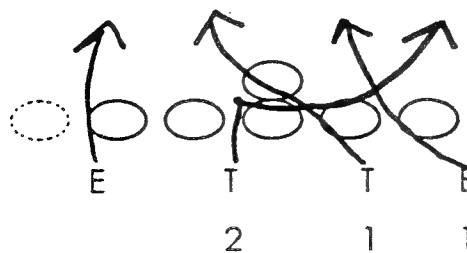
90/40



Coaching Points:

- Strong side tackle loop for contain rush. Weakside end and tackle inside rush lane.
- Strongside end must get upfield for QB flush.

70

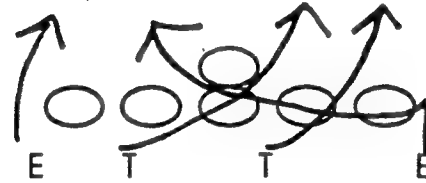


PASS RUSH GAMES

Echo:

A pass rush game that involves both tackles and the weak defensive end. Tackle rip technique through gap. Weak end loop around.

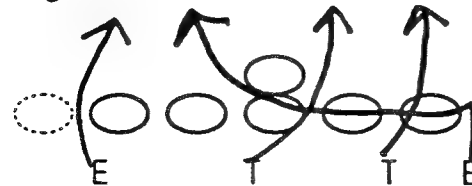
40 Strong Left



Coaching Points:

- Weakside tackle becomes contain rusher weak.
- Weak end becomes inside rusher strong.

70 Strong Left

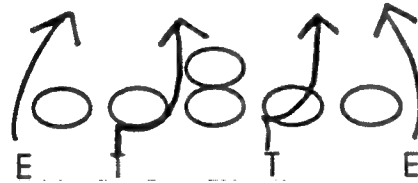


PASS RUSH GAMES

Tops:

A pass rush stunt that involves both defensive tackles. Game allows tackles to change pre-aligned rush lanes.

40



Coaching Points:

— Ends must keep absolute contain.

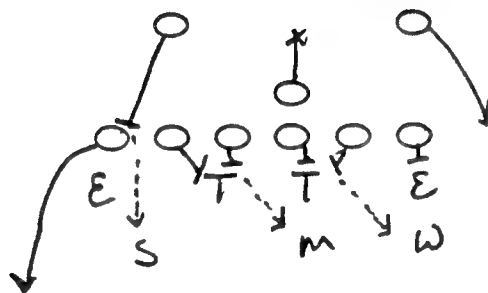


PASS PROTECTION

PASS PROTECTIONS **Quick Protections -- 3 Step Drop**

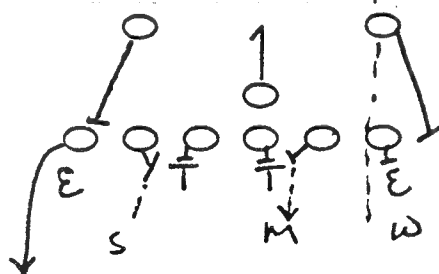
Kick 200

Aggressive 3 Step Turn Protection



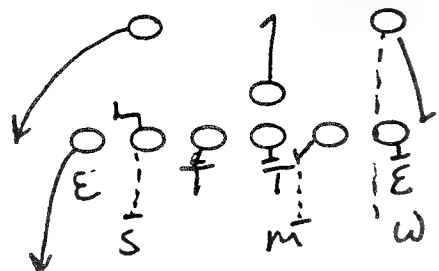
324-325

3 Step Basic Protection



322-323

3 Step Strongside Dual Protection

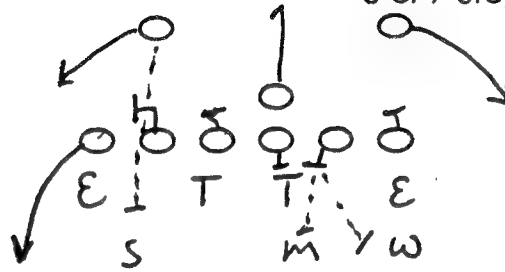


PASS PROTECTIONS

Drop Back Protections

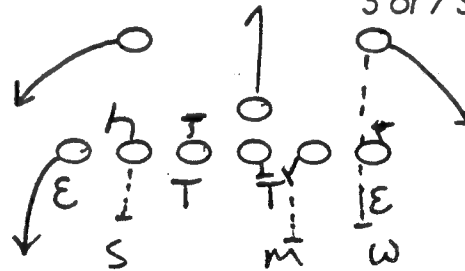
0-1 Protection

Weakside dual protection
5 or 7 Step Drop



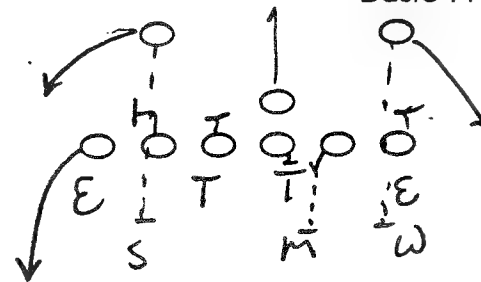
2-3 Protection

Strongside dual protection
5 or 7 Step Drop



4-5 Protection

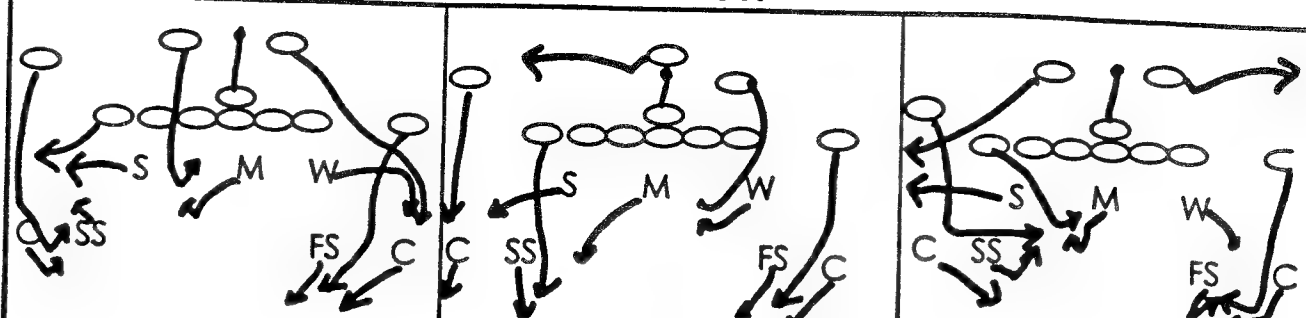
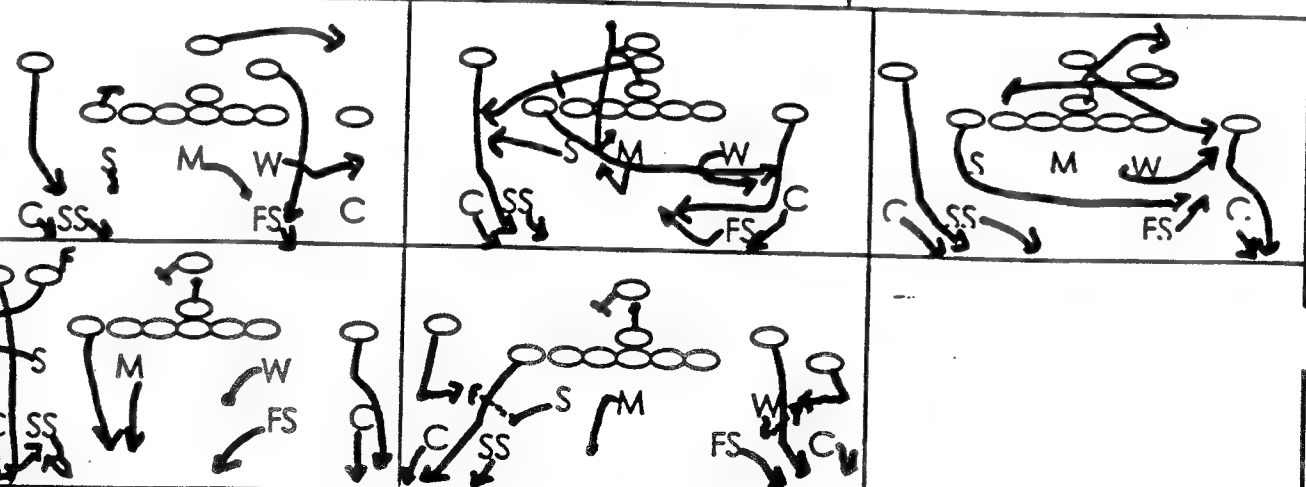
Basic Protection 5 or 7 Step Drop



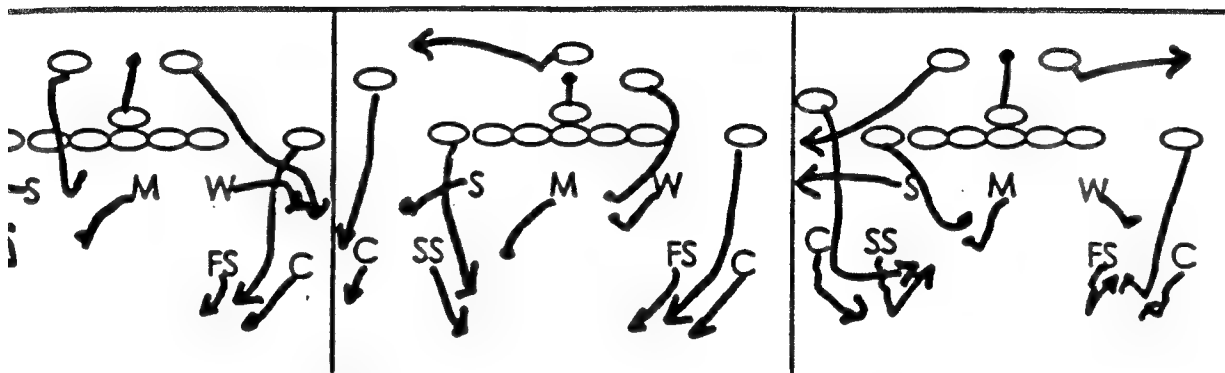


XIII . PASS COVERAGES

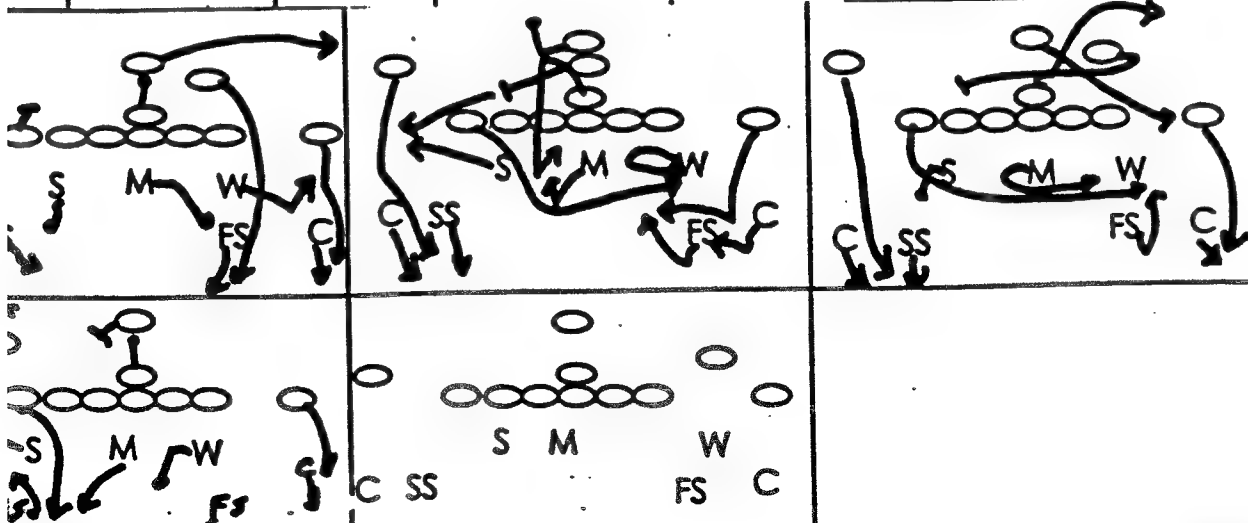
DOUBLE SWITCH

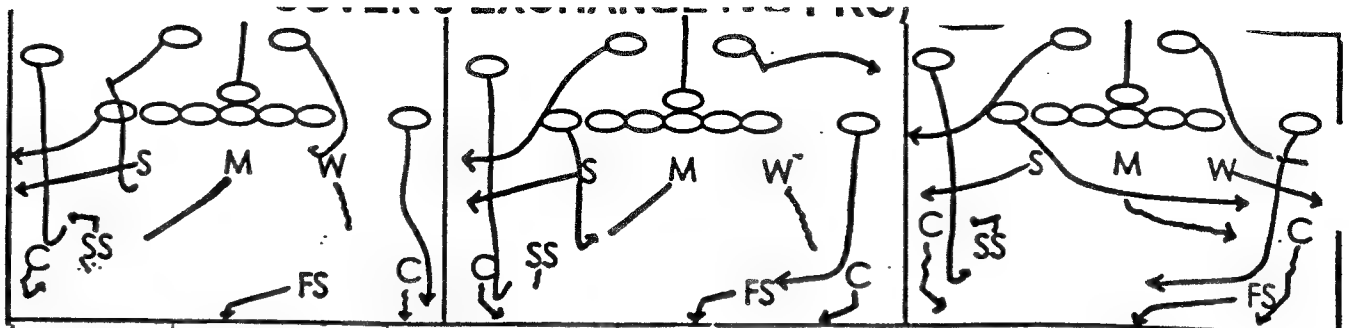
				
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky (Alert for Crack replace)	Outside 1/4 Technique	<ol style="list-style-type: none"> 1. Man to Man #1 10 Yards or deeper. 2. Alert Wheel Call vs 2 Stack
Strong Safety	+2/ on Y +10 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	<ol style="list-style-type: none"> 1. Key #2. If vertical route, play over the top of him. (I/S 1/4). 2. If #2 runs Shoot, play underneath all inside routes of #1. (Curl-Post) 3. If #2 crosses, get depth in inside 1/4. Alert for #3. Zone the 1/4.
Free Safety	+2 On Wk Tackle +10 Disguise	Sky (Alert for Crack)	Inside 1/4 or Rob #1 on Read	<ol style="list-style-type: none"> 1. Same as SS. 2. If weak Back blocks, Zone inside 1/4, check #3 strong, help #1. 3. Alert Wheel call vs 2 man Stack. 4. Shallow cross by #1 Rob or Zone off QB.
Weak Corner	I/S +7 On #1	Sky (Alert for Crack replace)	Outside 1/4 technique	<ol style="list-style-type: none"> 1. Same as Strong Corner 2. Alert Wheel call vs 2 stack.
				

DOUBLE SWITCH

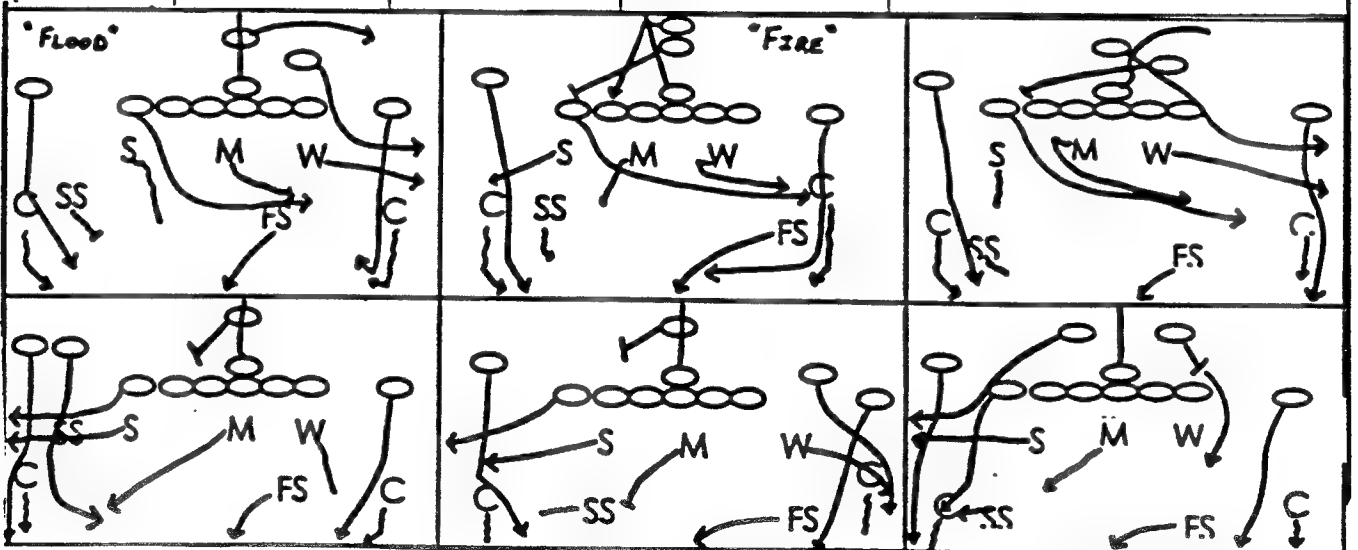


ON	ALIGNMENT	END RUN FORCE	PASS TECHNIQUE	COACHING POINTS
	Front will dictate	Sky	Curl to flat on #2 or who becomes #2.	<ol style="list-style-type: none"> 1. Key #2 release. If he runs Shoot route, immediately cover him. If he turns up, cover him. 2. If #2 runs vertical route, jam, squeeze, read #3. 3. If #2 crosses, work off and read #3. If #3 runs Shoot route cover him. 4. #3 Aligned from backfield goes up you go up. 5. Vs Trips, cover down on #2 and give End FB call.
	Front will dictate	Sky	Strong hook (Read route progression)	<ol style="list-style-type: none"> 1. Work to strong hook and read #2/#3 progression. 2. If #3 aligned runs up, cover him. 3. Vs Trips, cover down on #3 strong. 4. #3 Aligned from backfield goes up you go up.
	Front will dictate	Sky	Curl to flat on #2 or whoever becomes #2.	<ol style="list-style-type: none"> 1. Same as Sam. 2. Alert for Fire rule. 3. #3 Aligned in backfield goes up you go up. 4. Cover down on #2 weak. 5. Alert for Wheel Call

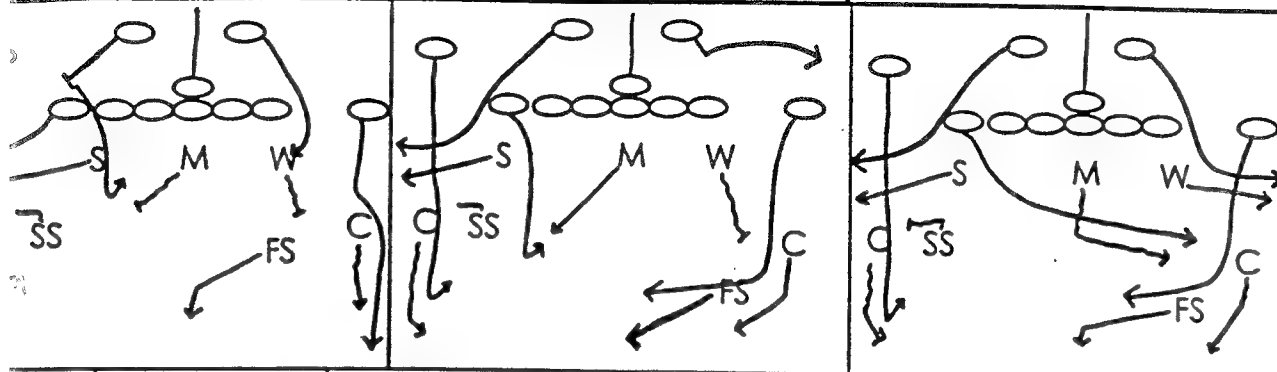




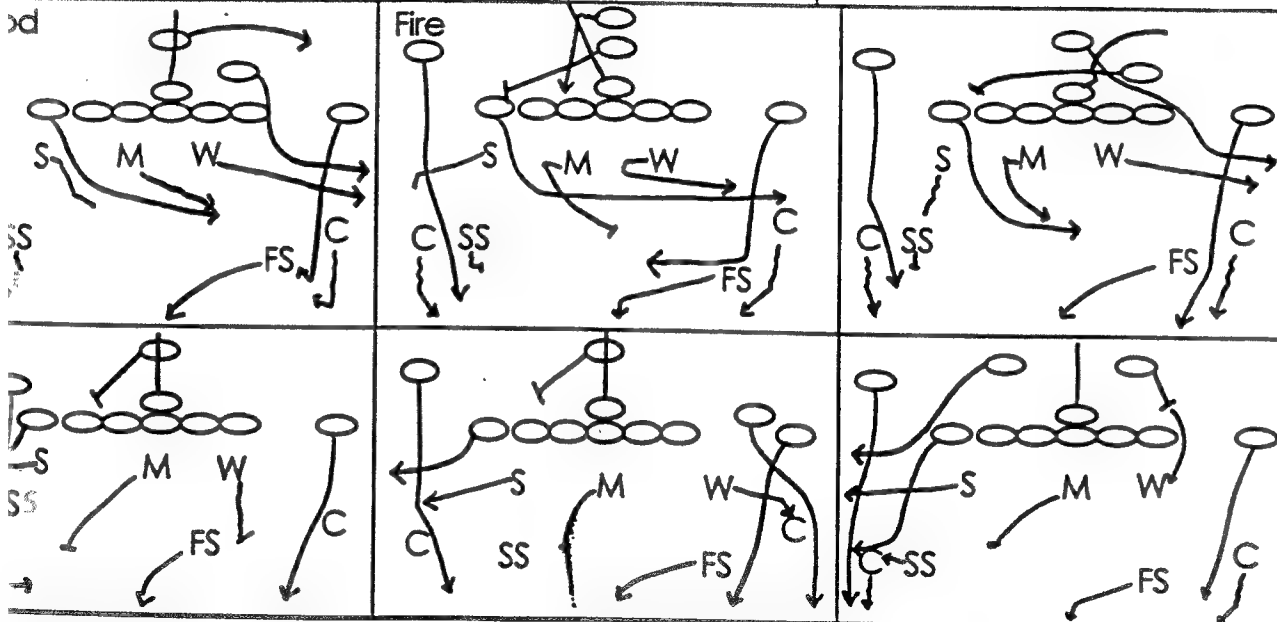
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Sky	Outside 1/3	1. M-M in Zone Unless 2 Up.
Strong Safety	+2/ on Y +10 Disguise	Sky	Curl	1. Mirror TE, Zone QB. 2. Man Vertical TE route.
Free Safety	+2/ on T +10	Backer	Middle 1/3	1. Work quickly to middle of formation. 2. Get depth and read QB. 3. Don't jump intermediate routes.
Weak Corner	I/S +7 On #1	Backer	Outside 1/3 Clue	1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue Tech- Zone off QB.



COVER 3 EXCHANGE (VS PRO)



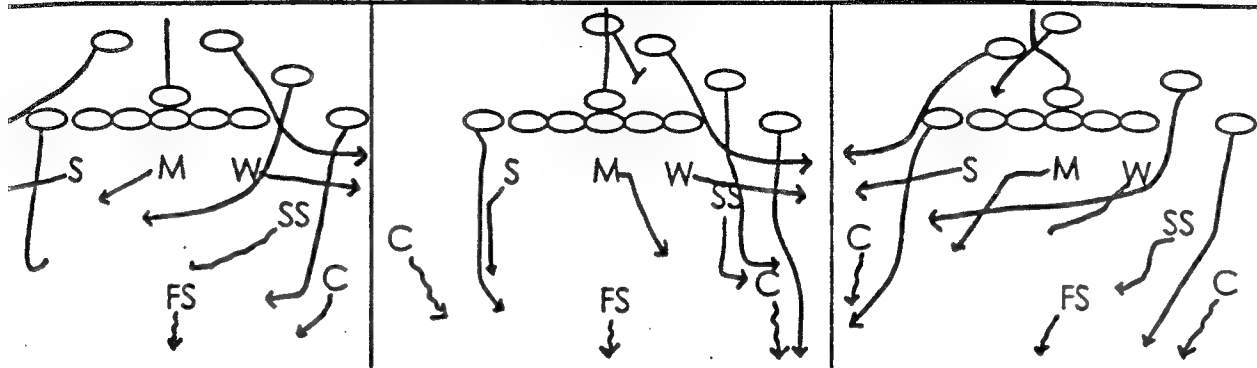
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SS	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch
FS	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch 2. If #3 Strong blocks, check #2 Weak.
C	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch



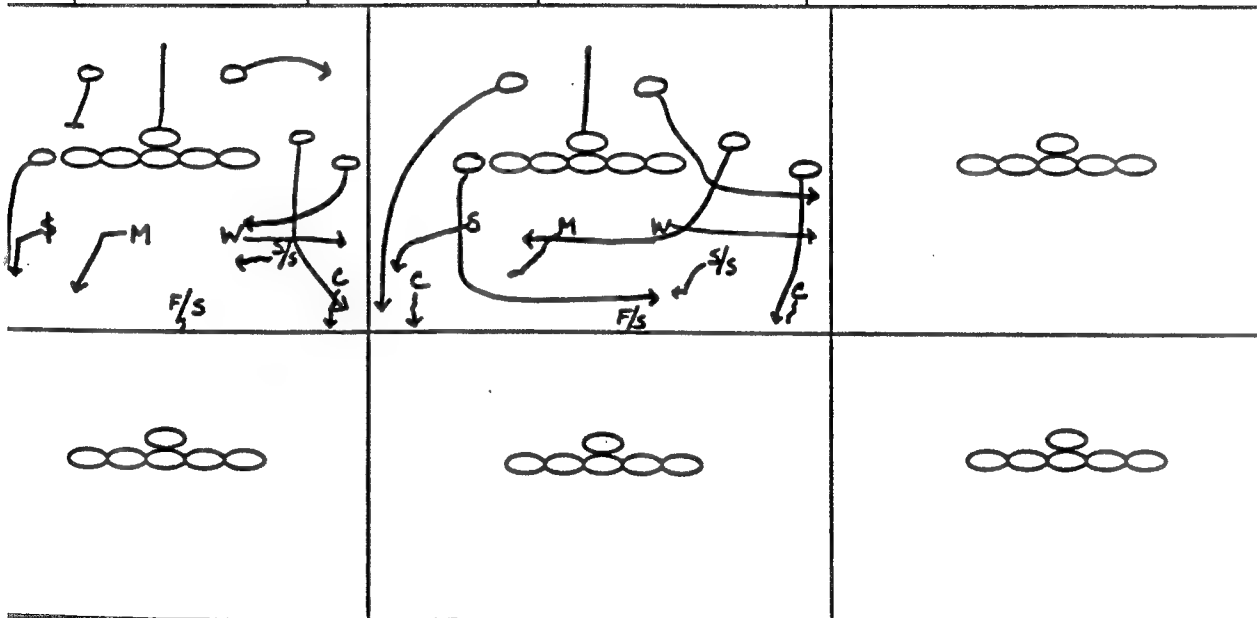
COVER 3 EXCHANGE VS SLOT

Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	1/S +7 On #1	Same as C3	Same as C3X vs Pro	1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue Tech, Zone off QB.
Strong Safety	-1 On Slot +5	Same as C3X vs Pro	Mirror Slot	1. Mirror #2, Alert for China.
Free Safety	Middle of formation +12	Same as C3X vs Pro	Same as C3X vs Pro	1. Same as C3X vs Pro 2. Vs Run Weak, play pass responsibility.
Weak Corner	+2/+5 On Y	Backer	Outside 1/3	1. No threat of Y Overlap receiver.

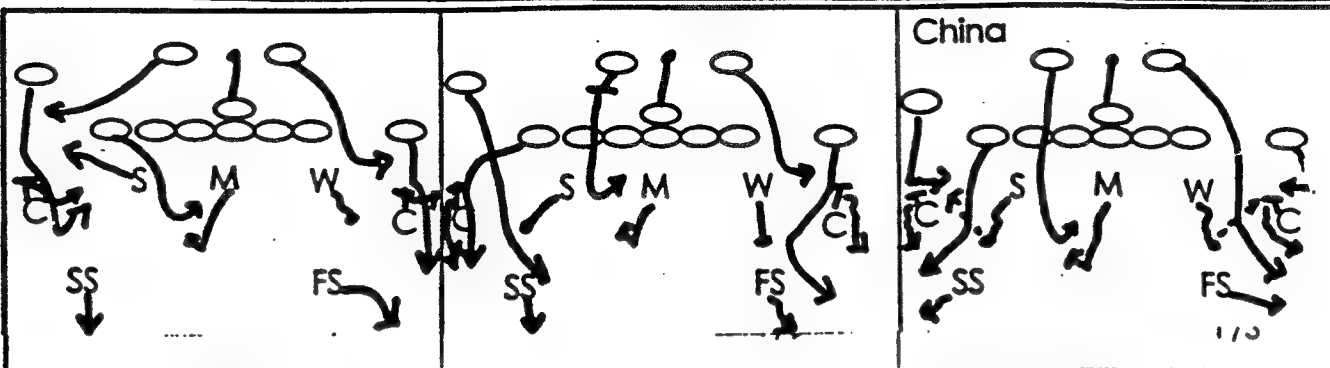
COVER 3 EXCHANGE VS SLOT



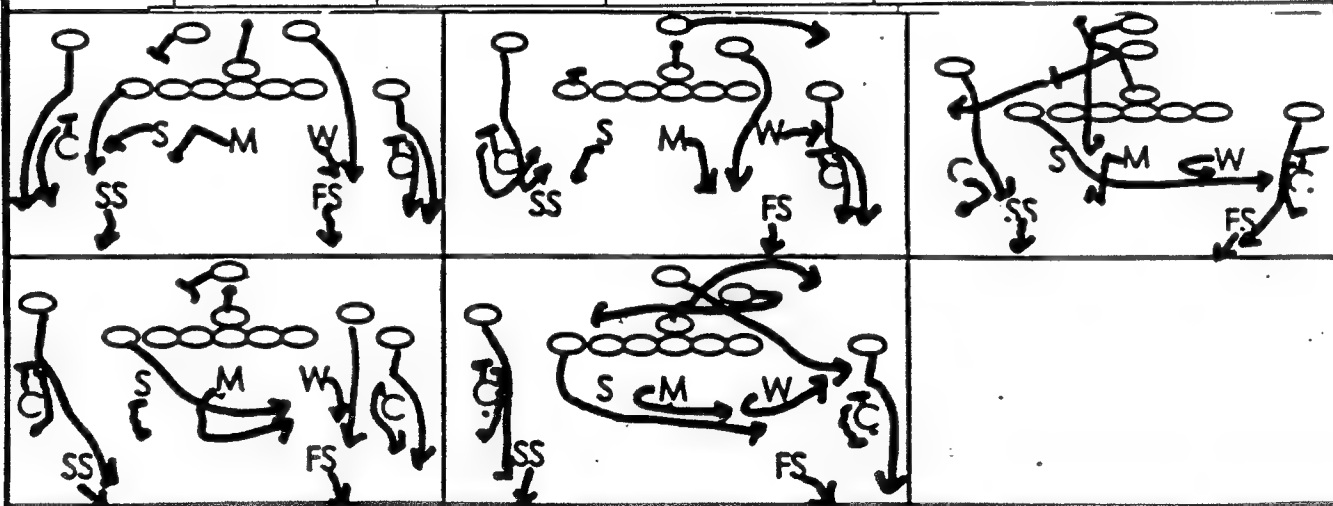
Position	Alignment	End Run Force	Pass Technique	Coaching Points
1.	Front will dictate	Backer	Same as Double Switch	1. Same as Double Switch
2.	Front will dictate	Sky	Read #2 Weak	1. Play like Double Switch to TE side. 2. Vs 1 Back play off of #3.
3.	Front will dictate	Sky	Same as Double Switch	1. Same as Double Switch



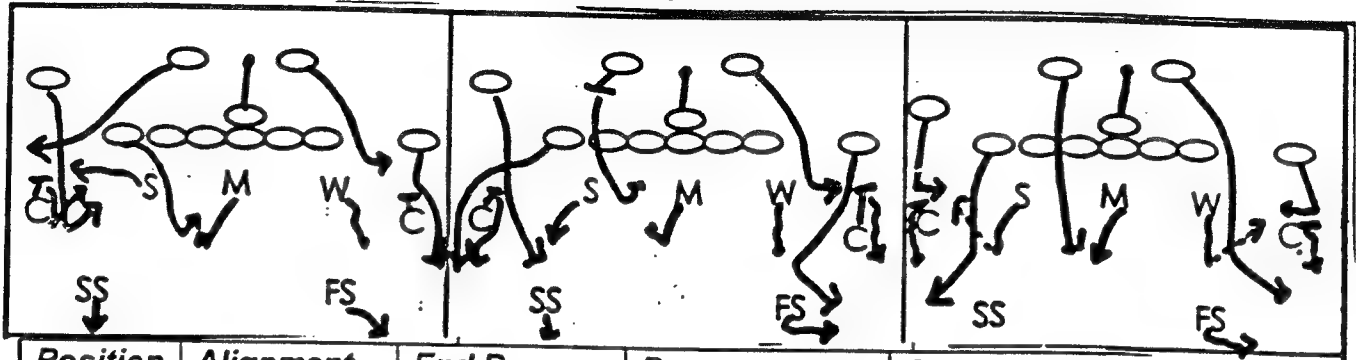
SINK



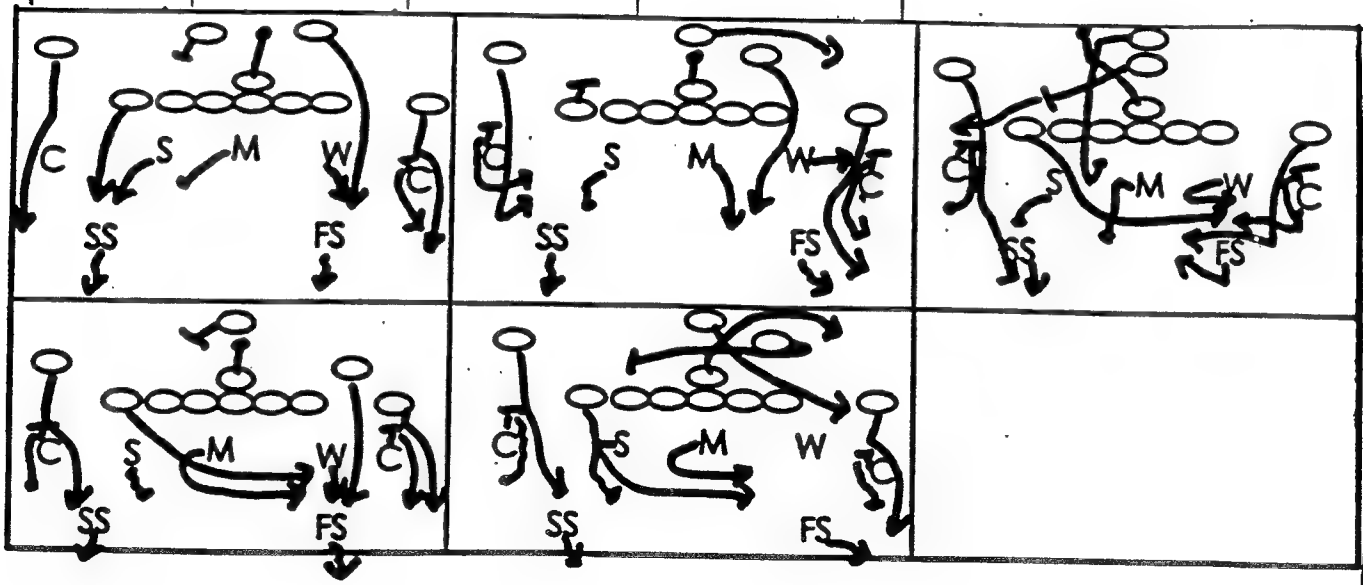
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	O/S +7 On #1	Cloud	Sink	Flat responsibility. Key #2. If #2 is out, sink for post corner and break up on throw. Run with #2 through zone. If #2 is up, You are up.
Strong Safety	2Yards Inside #'s/+14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 & #3 for total picture. If #2 is up, maintain position 2 yds inside numbers & break on ball. If #2 blocks or is out, lean on #1. Do not forget #3. Get plenty of depth.
Free Safety	2 Yards Inside #'s/+14	Cloud	Deep 1/2 field	Deep 1/2 responsibility. Key #2 to ball-see #1 for total picture. If #2 is up, maintain position 2 yds inside numbers and break on ball. If #2 blocks or is out, lean on #1. Do not forget #2 & #3 strong. Get plenty of depth.
Weak Corner	O/S +7 On #1	Cloud	Sink	Flat responsibility. Key #2. If #2 is out, sink for Post corner and break up on throw. Run with #2 through zone. If #2 is up, you are up. Fire rules apply



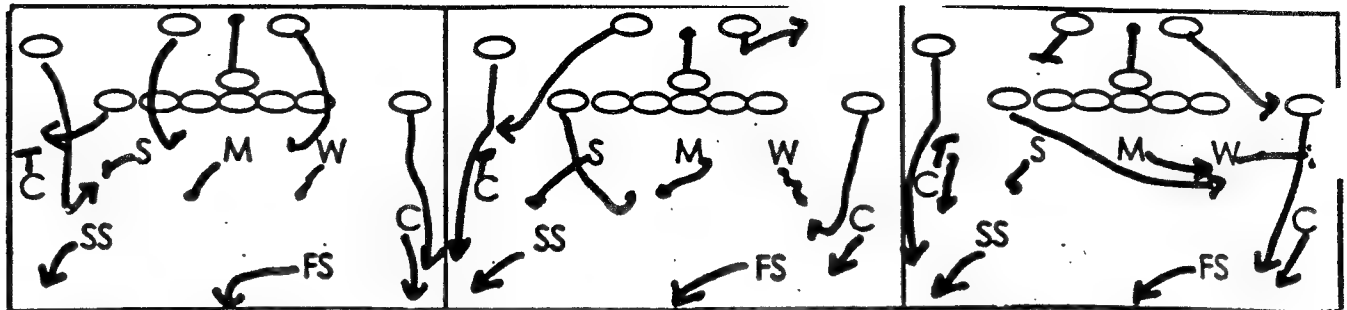
SINK



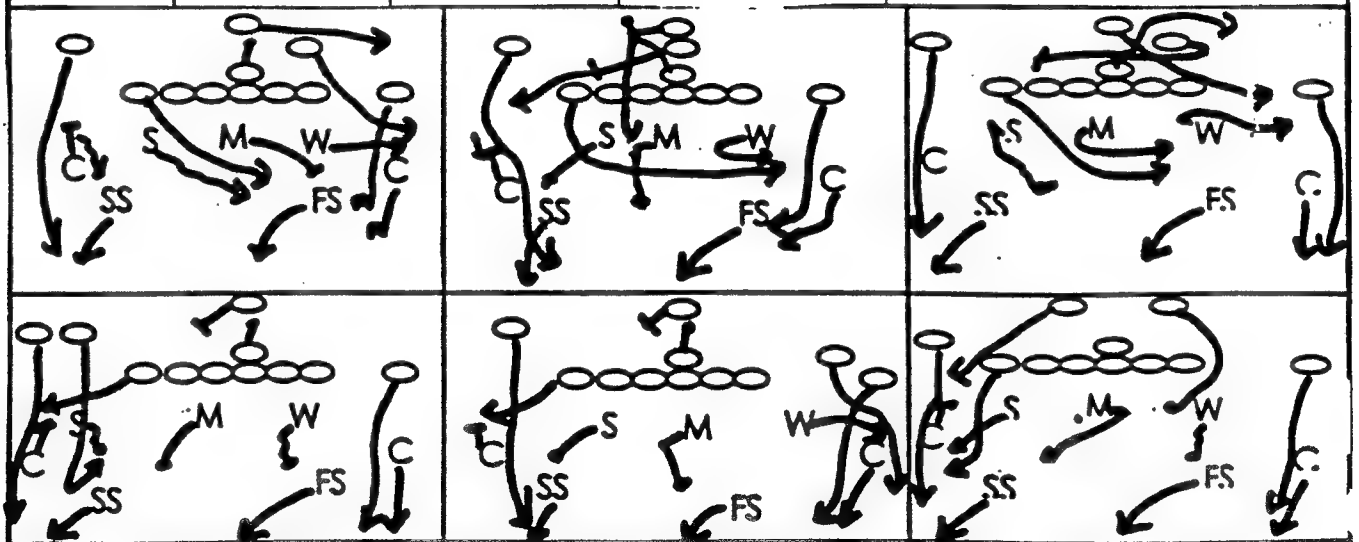
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #2 Strong Drop to curl on #2. Read route progression. 	<ol style="list-style-type: none"> Never let #2 inside once he releases up field through your zone. If he goes deep, go up with him. If #2 releases inside on snap, give Mike "In" call and zone off whoever becomes #2. Be alert to expand with #3. If #2 makes your remove from alignment, give Mike "I'm Gone." Be alert for China or in call.
MIKE	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #3. Drop to strong hook. Read route progression. 	<ol style="list-style-type: none"> If Same gives in call, wall off and run up. If #2 releases outside, drop off #3 and stay on top of #3 release. Be alert for China or in call. Carry all crossers.
WILL	Front will dictate	Cloud	<ol style="list-style-type: none"> Cover down on #2 weak. Drop to weak curl on #2 or whoever becomes #2. 	<ol style="list-style-type: none"> If #2 runs up through your zone, wall him off and run up with him. If #2 runs to flat or blocks, drop to curl. If #2 makes you remove from your alignment, give Mike "I'm Gone." Be alert for China or In Call Alert for Fire Rules.



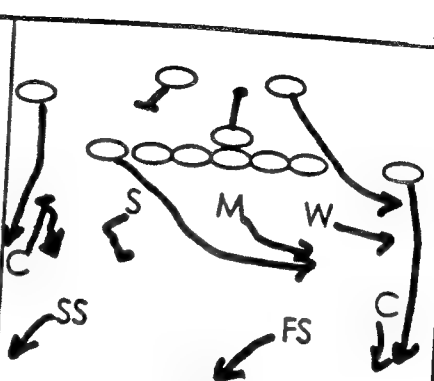
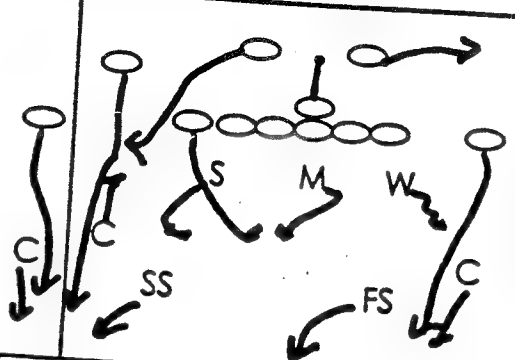
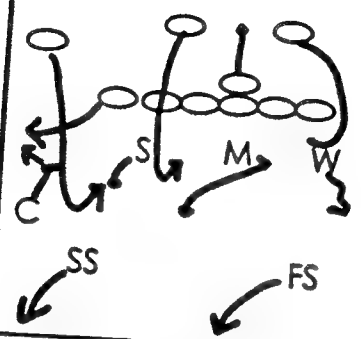
COVER 3 KICK



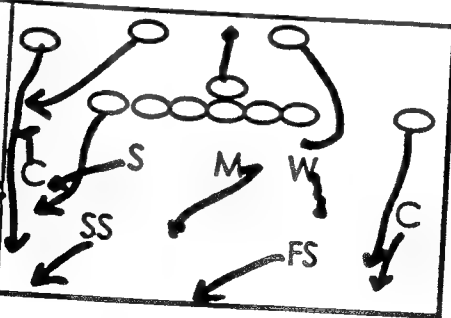
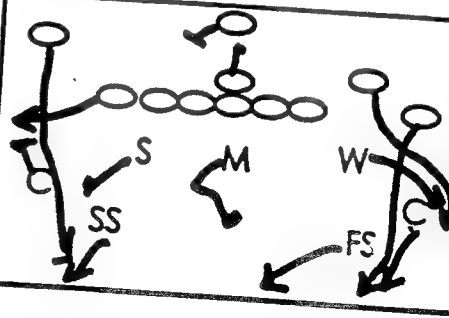
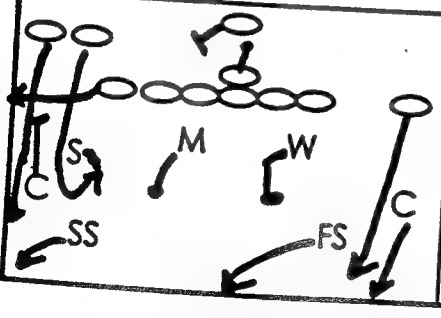
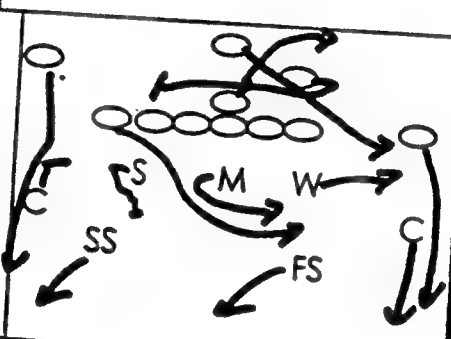
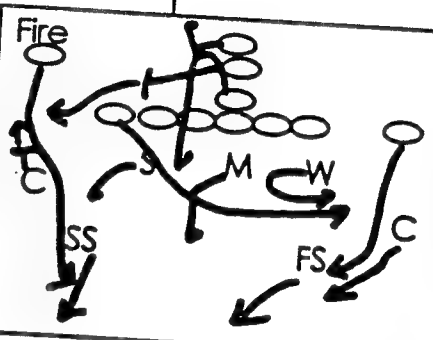
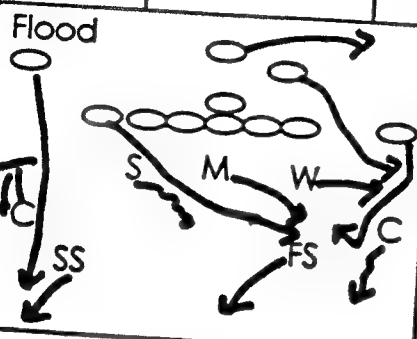
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 on #1	Kick	Kick	<ol style="list-style-type: none"> 1. If inside release, bait inside and read #2/#3 progression. 2. #2 to flat, jump him 3. If #1 outside release, bait and read #2/#3 progression 4. No #2/#3 to flat, get depth and squeeze #1. 5. #2 through zone, cover him. 6. Alert for 1/4's call from SS.
Strong Safety	Split #1 & #2 +12	Kick	Outside 1/3 Clue	<ol style="list-style-type: none"> 1. Drive to outside 1/3. 2. Key #1 release. If outside, work to inside shoulder and Clue. 3. If #1 inside, exit to #'s and Clue. 4. If Kick Weak play 1/4 Tech St.
Free Safety	+2 on T +10 to +12	Backer	Middle 1/3	<ol style="list-style-type: none"> 1. Work quickly to middle of formation. 2. Get depth and Read QB 3. Don't jump intermediate routes.
Weak Corner	H/+7 On #1	Backer	Outside 1/3 Clue	<ol style="list-style-type: none"> 1. M/M in Zone unless 2 Up. 2. Vs 2 Up Clue - Zone off QB



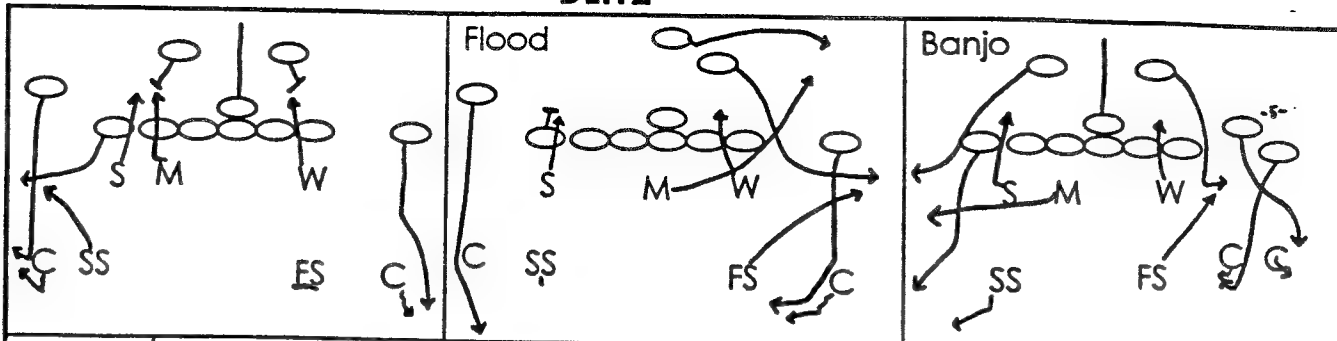
COVER 3 KICK



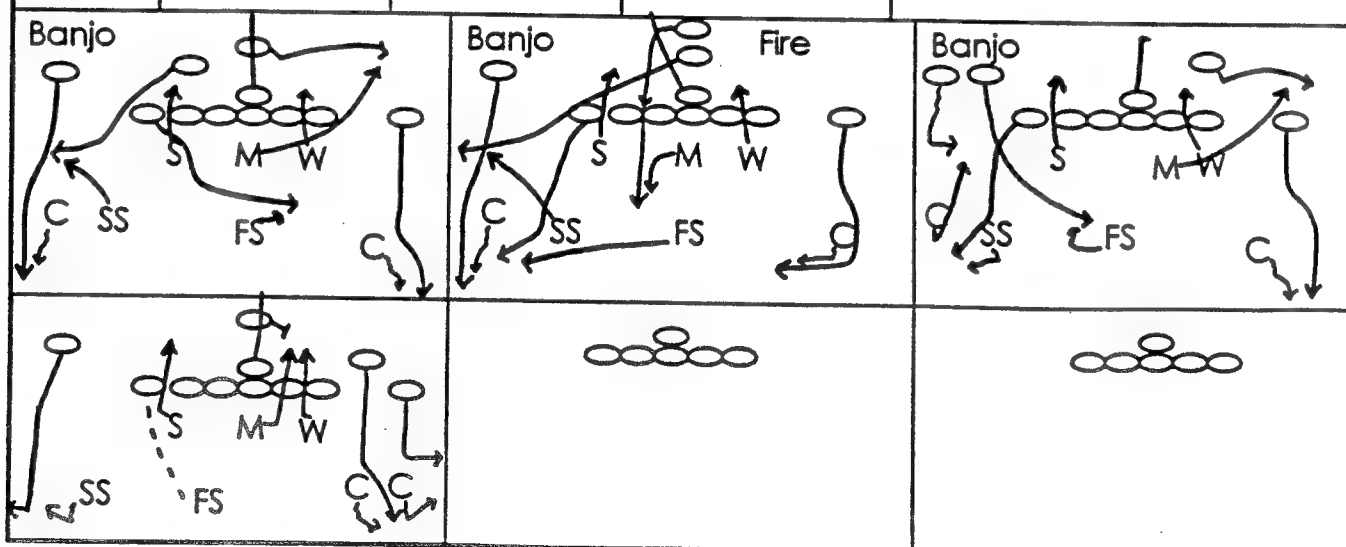
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Kick	Curl-Drop off #2	1. Cover down on #2
MIKE	Front will dictate	Kick	Read #2 away from kick call vs 2 back set	2. If #2 runs corner route, lock on him.
WILL	Front will dictate	Backer	Same as Double Switch	1. Read #2 away from kick 2. If #2 shoot, work curl to that side. 3. If #2 does anything else, work off #3 4. Vs 1 Back Set, Mike play off of #3.
				1. Same as Double Switch 2. Use Double Switch cover down rules. 3. If covered down on #2, re-route.



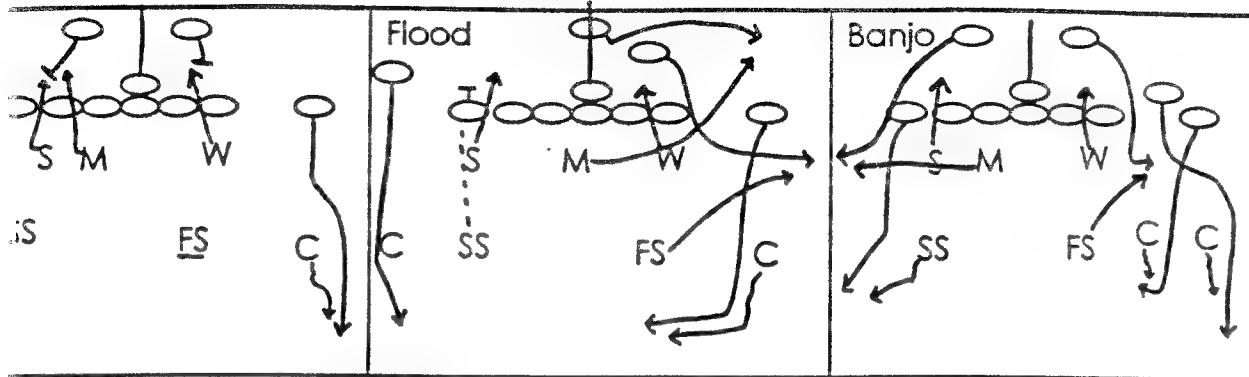
BLITZ



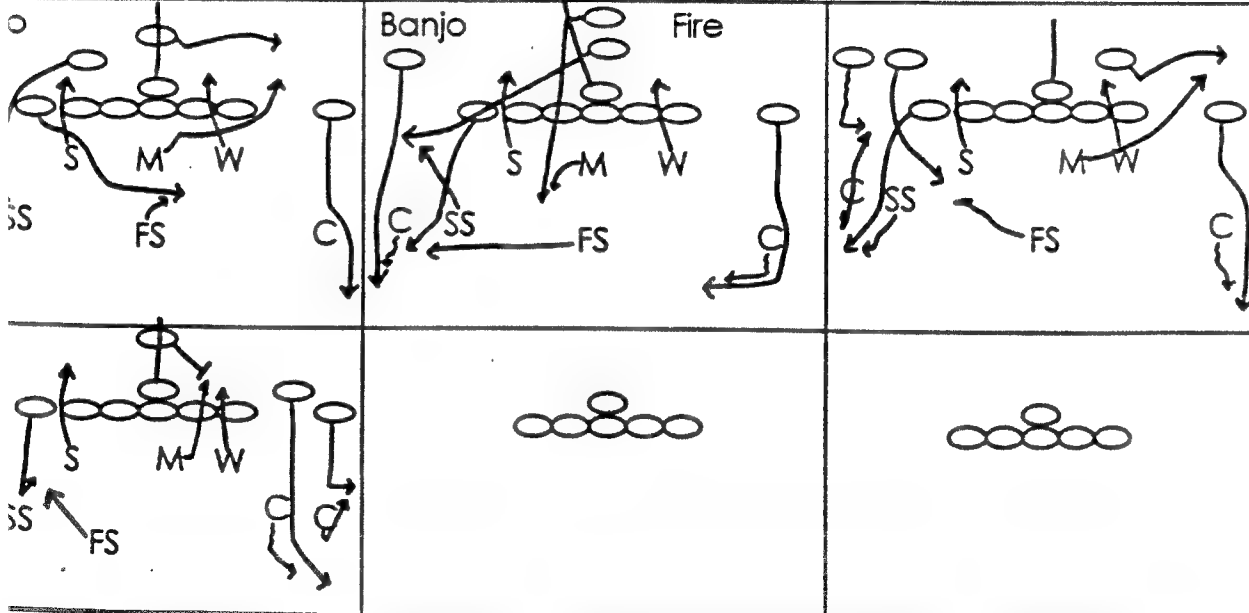
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1	Box	Inside M/M on #1 (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules or Trio. 4. Inside 10 yard line, if no Banjo, automatic press.
Strong Safety	O/S +10 on Y Disguise	Box	M/M on Y (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules or Trio. 4. Blue and Trips, adjust and cover #2. Alert LB'er. 5. Fire pass, Banjo #2/#3 with FS
Free Safety	+2/+10 On Weak Tackle Disguise	Box	Inside M/M on #2 Weak (Possible Press)	<ol style="list-style-type: none"> 1. Total concentration on receiver. 2. Take away inside; no deep help. 3. Alert for Banjo rules. 4. Trips, adjust and cover #3 strong (Possible Banjo w/ SS). Alert LB'er. 5. Fire Pass, Banjo #2/#3 with SS.
Weak Corner	I/+7 On #1	Box	Inside M/M on #1 (Possible Press)	<ol style="list-style-type: none"> 1. Same as Strong Corner. 2. Vs Slot, corner over.



BLITZ

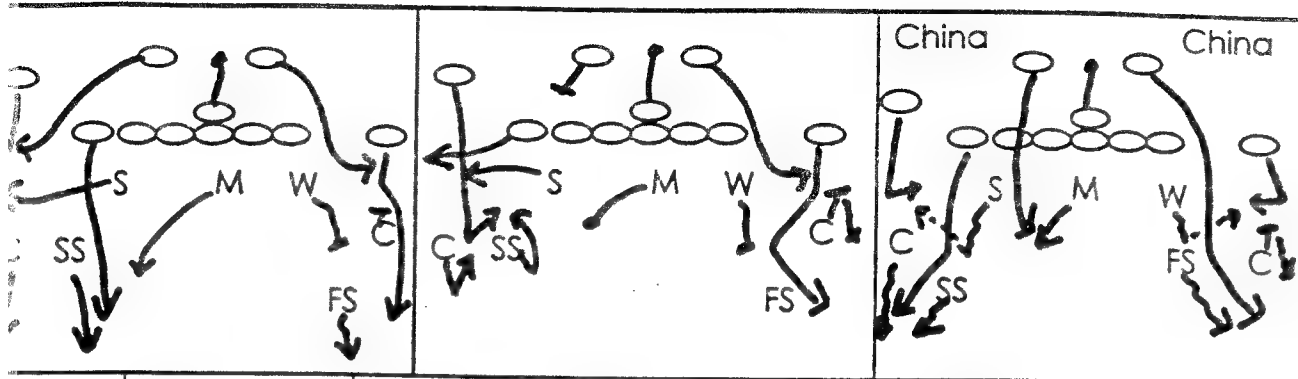


Position	Alignment	End Run Force	Pass Technique	Coaching Points
Blitz	Front will dictate	Box	Blitz	
Blitz	Front will dictate	Box	Inside M/M on #3 Strong	<p>1. Vs 2 back take neutral back. No neutral back take TE side back.</p> <p>2. Any 1 back set, take the back.</p>
Blitz	Front will dictate	Box	Blitz	

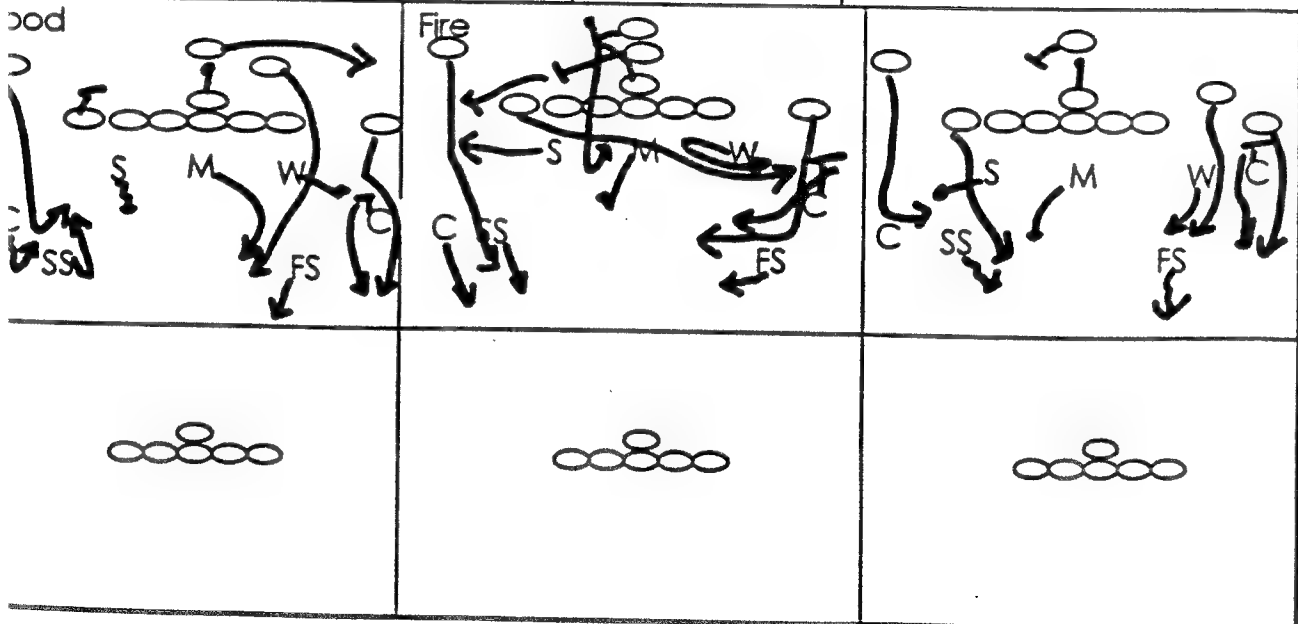


Position	Alignment	End Run Force	Pass Technique	Coaching Points	
Strong Corner	Same as Double Switch	Same as Double Switch	Same as Double Switch	1. Same as Double Switch	
Strong Safety	Same as Double Switch	Same as Double Switch	Same as Double Switch	1. Same as Double Switch	
Free Safety	Same as Sink	Same as Sink	Same as Sink	1. Same as Sink 2. Because of SS technique, you are not as concerned with #2 strong side.	
Weak Corner	Same as Sink	Same as Sink	Same as Sink	1. Same as Sink	

COVER SWITCH 2



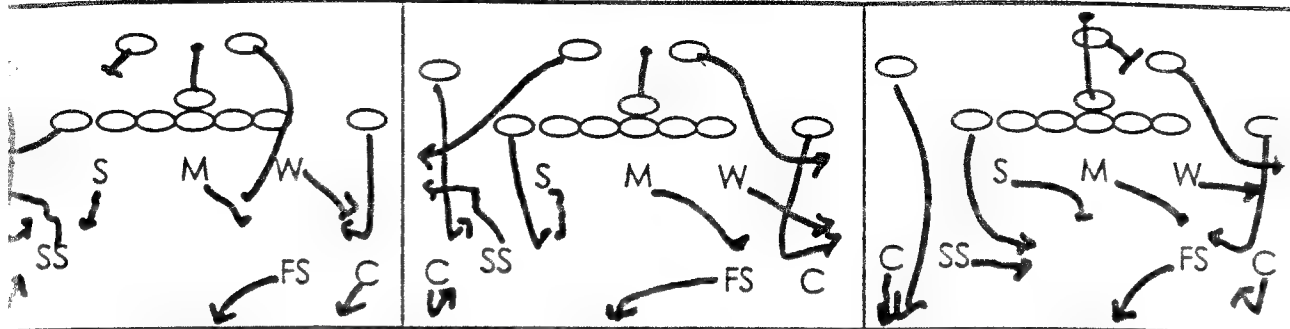
Position	Alignment	End Run Force	Pass Technique	Coaching Points
AM	Same as Double Switch	Same as Double Switch	Same as Double Switch	1. Same as Double Switch
LIKE	Same as Double Switch	Same as Double Switch	Same as Double Switch	1. Same as Double Switch 2. Carry any crosser to the Cloud side.
ILL	Same as Sink	Same as Sink	Same as Sink	1. Same as Sink



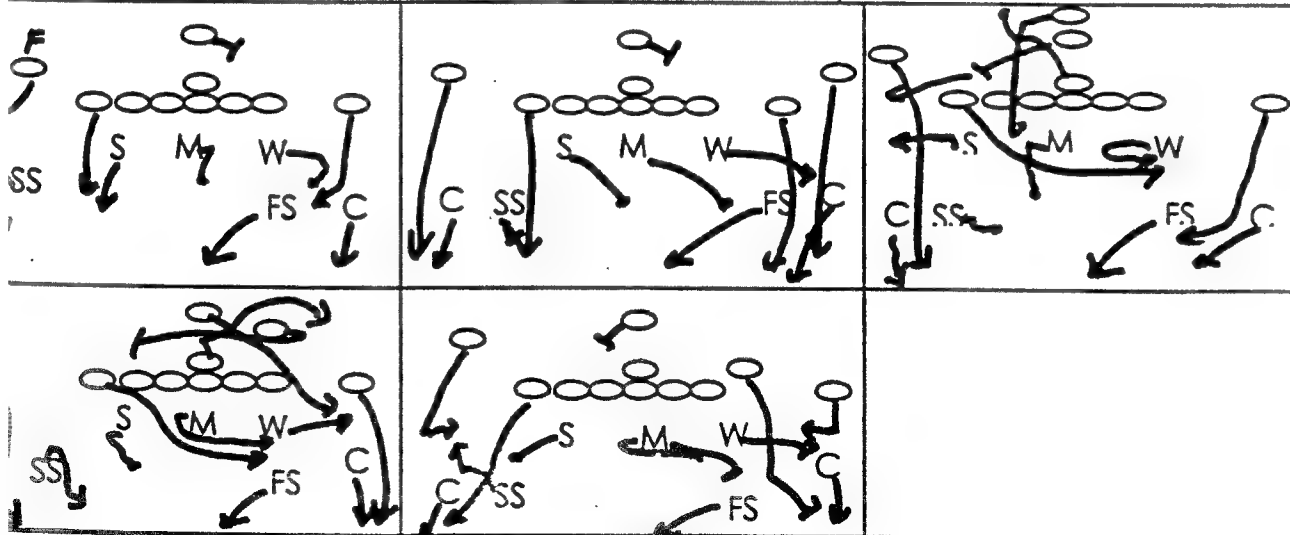
COVER 3 MATCH VS PRO

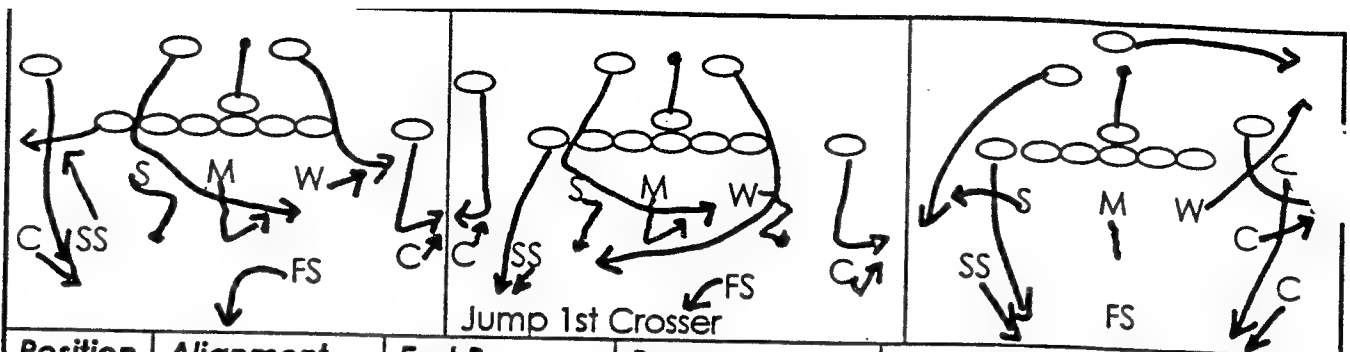
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Sky	Strong Hook to Curl Match technique on #2/#3	1. Drop off of #3 2. If #2 releases vertical Inside or Cross - Squeeze.
MIKE	Front will dictate	Sky	Weak Hook to Curl off #2 Weak	1. Drop off #2 weak release. If Shoot, work to curl. 2. If #2 runs vertical or crosses, sit on top of #2. 3. If #2 blocks, get depth and read QB.
WILL	Front will dictate	Backer	Weak Curl to Flat off #1 Weak (Read #2)	Match call away: 1. Drop to inside shoulder of #1. 2. Read #2. If #2 runs Shoot, stay on top of #2. #2 anything else, listen for Corner's call.

COVER 3 MATCH PRO

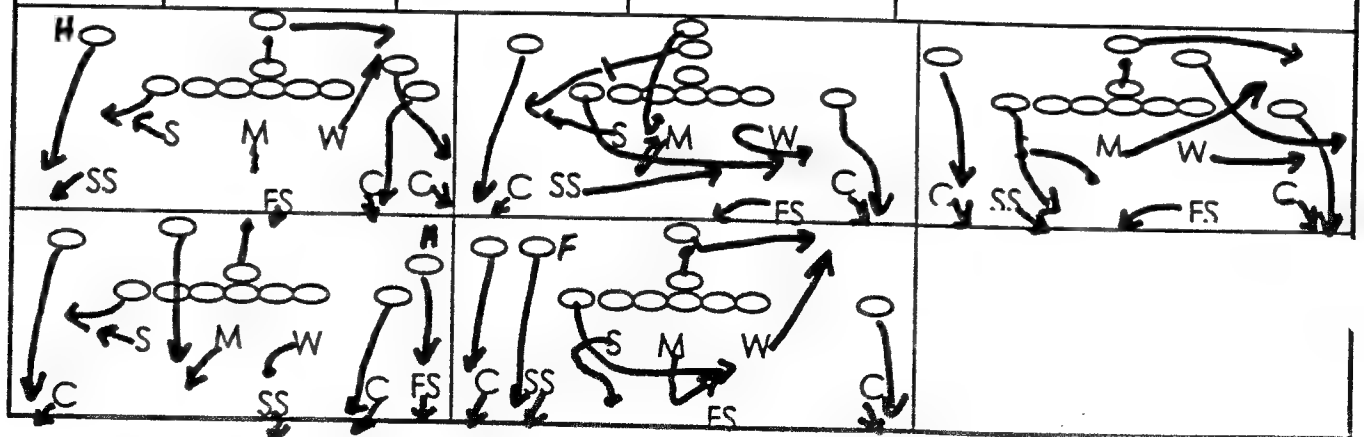


Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	1/S +7 on #1 (Use Split rule)	Sky (Alert for Crack replace)	Outside 1/3 (Clue)	<ol style="list-style-type: none"> 1. M-M in Zone unless 2 Up. 2. Vs 2 Up Clue Tech - Zone off QB.
Strong Safety	+2/ on Y +5 Disguise	Sky (Alert for Crack)	Curl to Flat On #2/#3	<ol style="list-style-type: none"> 1. Drop off #2, 10 to 12 yards deep and read #2/#3. 2. #2 or #3 Flat, work Curl to Flat. 3. #2 vertical, no Flat threat, drop off #2 release.
Free Safety	+2 on Weak T +12 Disguise	Backer	Middle 1/3	<ol style="list-style-type: none"> 1. Work quickly to middle of formation. 2. Get depth and read QB. 3. Don't jump intermediate routes. 4. Know #1's splits and be alert for Quick Posts.
Weak Corner	1/S +7 on #1 (Use split rule)	Backer (Alert for Crack replace)	Outside 1/3 Clue technique	<ol style="list-style-type: none"> 1. Same as Strong Corner, except you have underneath help on #1.

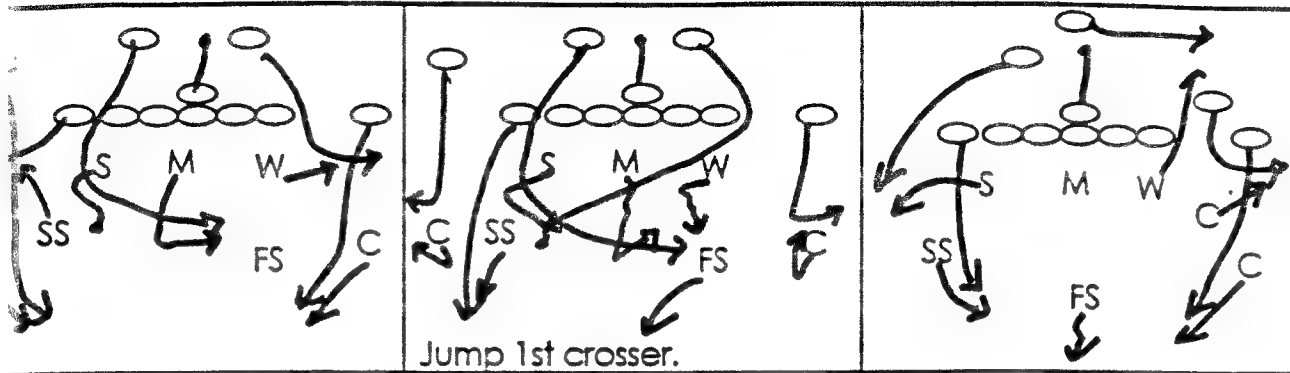




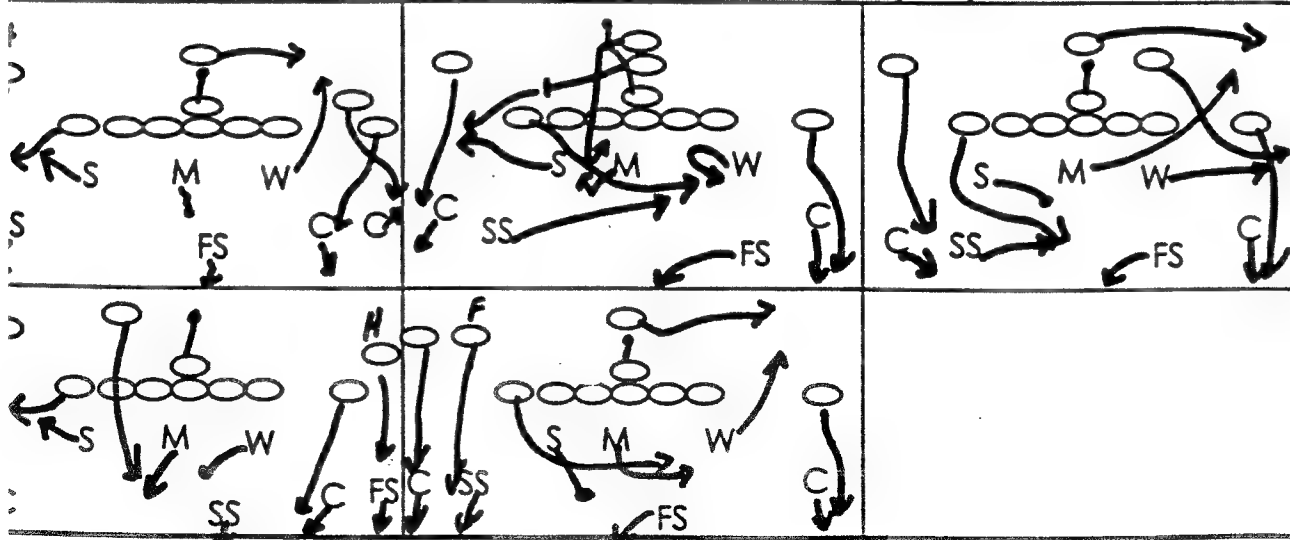
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1 Possible Press (Use Split rule)	Box	M/M #1	<ol style="list-style-type: none"> 1. M/M inside (unless Chico split) 2. Keep total concentration on Receiver. 3. Keep 3 yard cushion 4. Alert Banjo if called 5. Alert Trio situation 6. You have FS help Deep Middle
Strong Safety	Outside on Y +10 Disguise	Box	M/M Y	<ol style="list-style-type: none"> 1. M/M outside (disguise) 2. Keep total concentration on receiver. 3. Back aligned outside Y, adjust and cover him. 4. Any FS adj., play Middle 1/3
Free Safety	+2 On Wk Tackle +10 to +12 Disguise	Box	Deep Middle 1/3	<ol style="list-style-type: none"> 1. Read QB and Ball - clue #2 receivers to help with route read. 2. Get depth - do not jump intermediate routes. 3. Any back aligned or motion to open side, adjust and cover. 4. Know #1's splits and be alert for Quick Posts
Weak Corner	I/S +7 On #1 Possible Press (use split rule)	Box	M/M #1	<ol style="list-style-type: none"> 1. M/M inside (unless cut split) 2. Keep total concentration on receiver 3. Keep 3 yard cushion 4. Alert Banjo rules 5. Alert Trio situation. 6. Corners over vs Slot. 7. You have FS help deep middle.



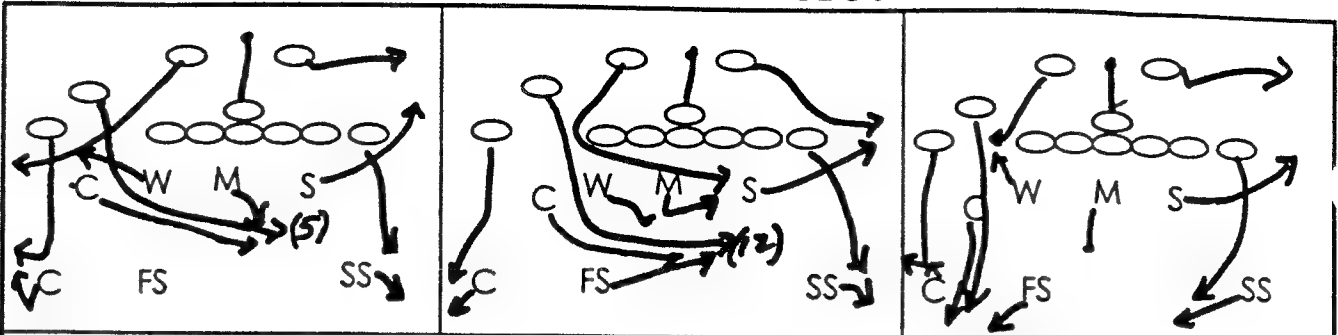
COVER 1 MIKE MIDDLE



Position	Alignment	End Run Force	Pass Technique	Coaching Points
LM	Front will dictate	Box	OS M/M middle tech on Back your side.	<ol style="list-style-type: none"> 1. Intercept all outside routes of Back. 2. Back crosses-Squeeze then come off-look for opposite crosser. 3. Flood - Middle drop. 4. Fire - Banjo with Mike 5. Near, Far, Wide Slot or Trips 3 way Banjo
KE	Front will dictate	Box	Short middle 5 to 8 yds deep	<ol style="list-style-type: none"> 1. We are middling the backs 2. Key release of backs - take 1st crosser M/M-if no crosser, read QB. 3. Flood -Banjo with Will 4. Fire - Banjo with Sam 5. Near, Far, Wide Slot or Trips-3-Way Banjo.
LL	Front will dictate	Box	OS M/M middle tech on back your side	<ol style="list-style-type: none"> 1. Intercept all outside routes of the back. 2. Back crosses-squeeze then come off-look for opposite crosser. 3. Flood - Banjo with Mike 4. Fire - Middel drop (Fire rules) 5. Near, Far, Wide Slot or Trips-3-way Banjo.

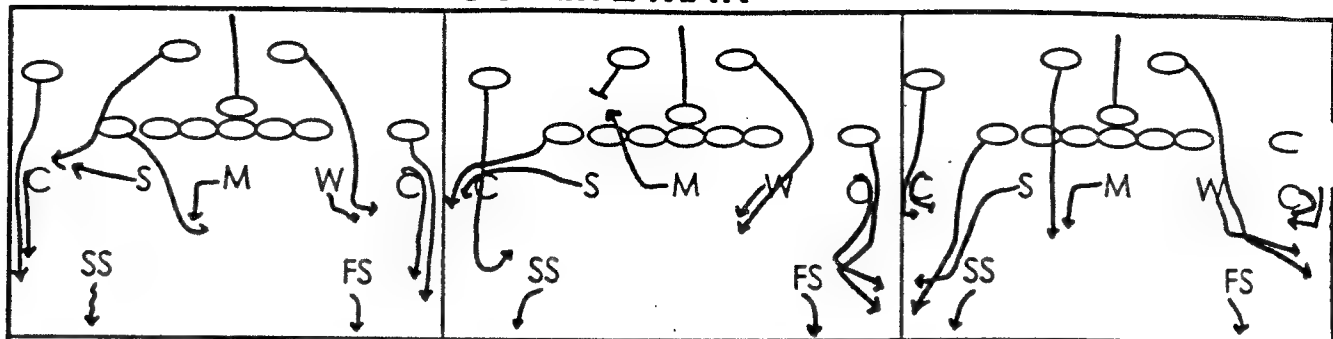


COVER 1 WIDE MIDDLE SLOT

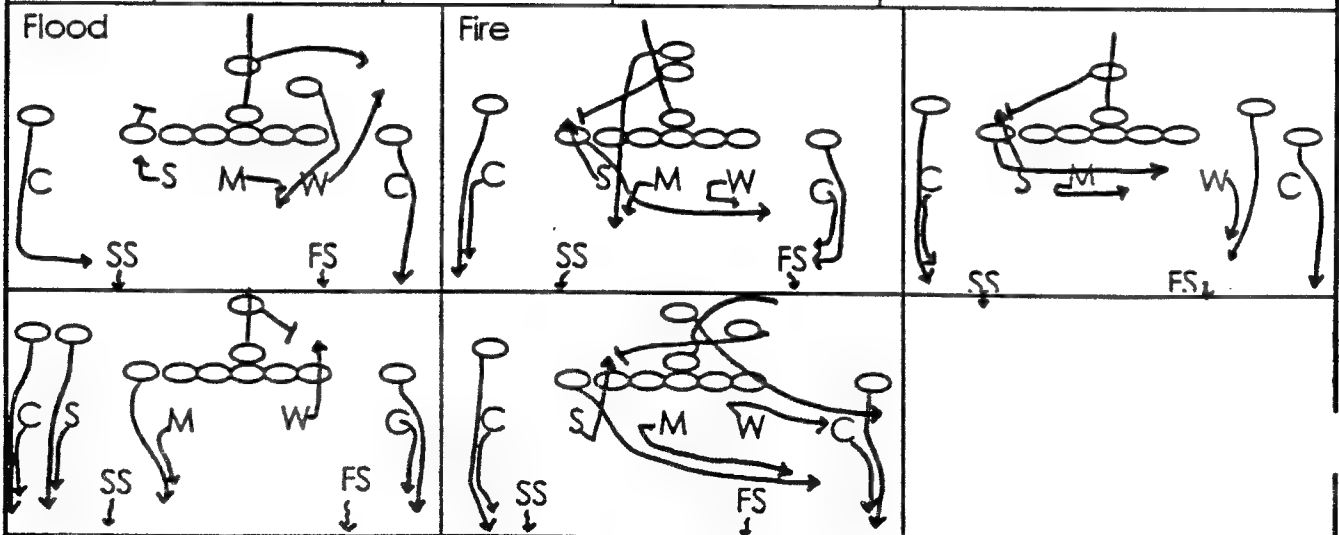


Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	I/S +7 On #1 Possible Press (Use Split rule)	Box	M/M #1	1. Same as C1 vs Pro.
Strong Safety	+2/+6 on Y	Box	M/M Y	1. Same as C1 vs Pro. 2. Vs Wide Slot, you <u>must</u> take inside away.
Free Safety	+2 On Wk Tackle +10 to +12 Disguise	Box	Deep Middle 1/3 possible help on Slot.	1. You me call to weak corner. 2. Drop under control and read Slot. If Slot runs any inside route 10 yards or deeper, cover him. 3. Any other route by Slot, play Deep Middle 1/3.
Weak Corner	I/S +6 Press #2	Box	M/M on #2	1. You - Me call Outside M/M Press on #2.

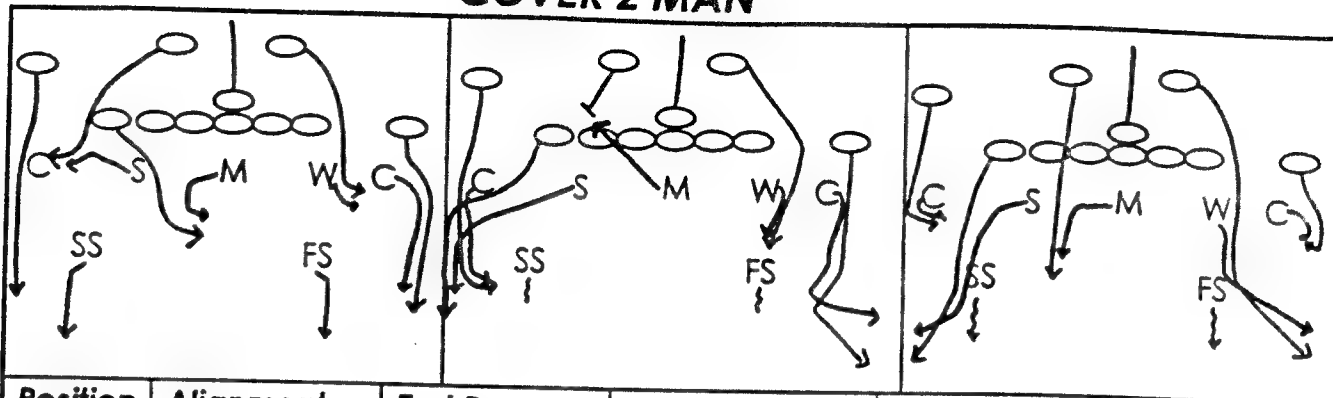
COVER 2 MAN



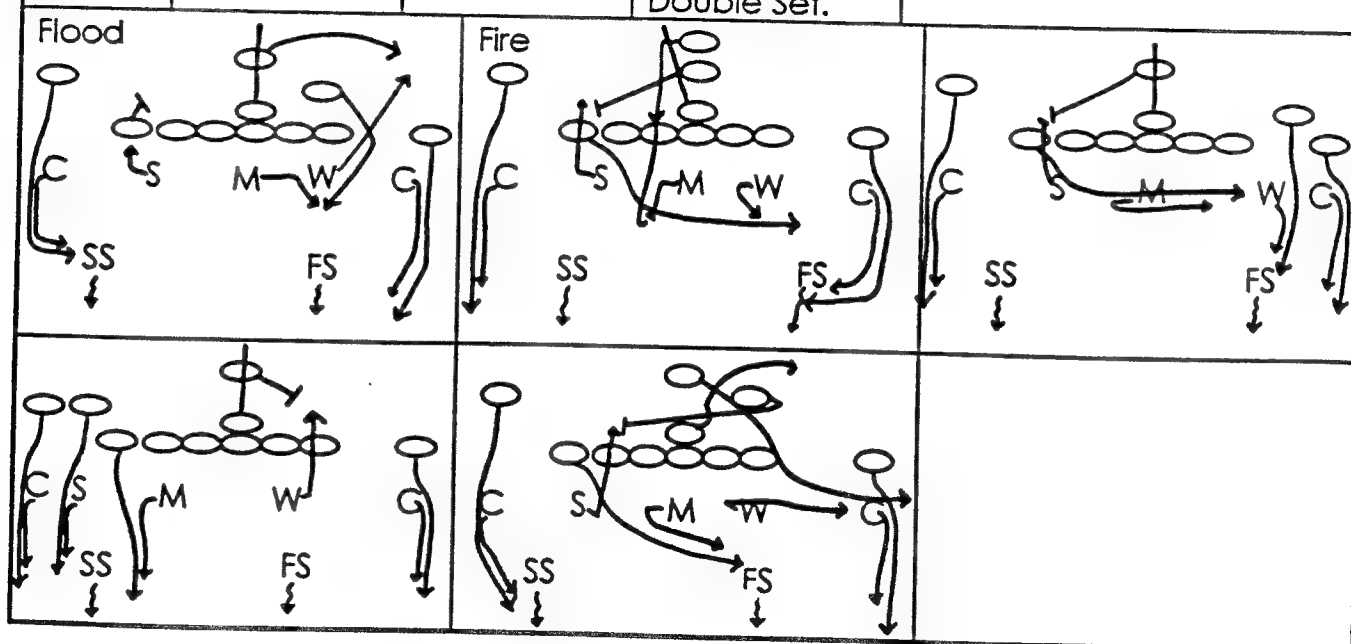
Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	Press Alignment	Late Sky	Trail Technique (Alert for Banjo rules)	<ol style="list-style-type: none"> 1. Trail M/M on #1. 2. Re-route and get into Trail position. 3. Keep total concentration on inside hip of receiver. 4. Maintain inside position on hip throughout route. 5. Know you have deep help, and maintain your outside foot on receiver's inside foot. 1 yard reverse cushion. 6. Alert to Banjo rules.
Strong Safety	3 yards Inside #'s/ +14	Late Sky	Deep 1/2 field.	<ol style="list-style-type: none"> 1. Play like Cover 2. Know inside routes are trying to be taken away. 2. Disguise out of Double Switch.
Free Safety	3 yards Inside #'s/ +14	Late Sky	Deep 1/2 field.	<ol style="list-style-type: none"> 1. Play like Cover 2. Know inside routes are trying to be taken away. 2. Disguise out of Double Switch.
Weak Corner	Press alignment H	Late Sky	Trail technique (Alert for Banjo rules)	<ol style="list-style-type: none"> 1. Same as Strong Corner.

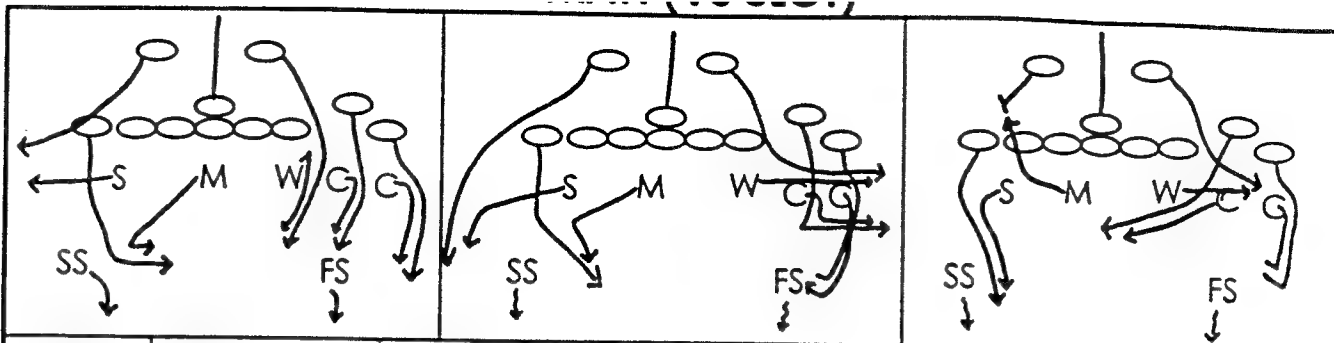


COVER 2 MAN



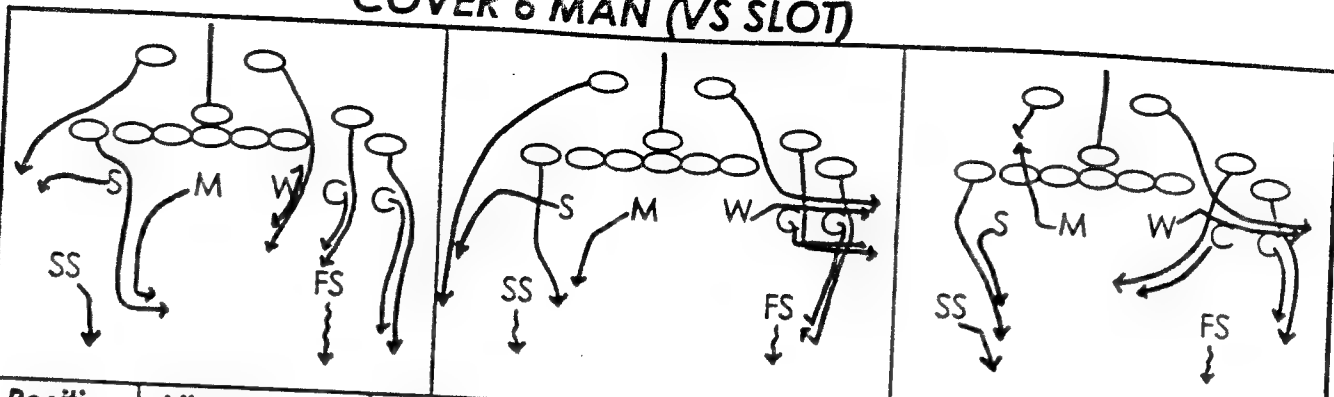
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Late Sky	1. Cover down on #2 strong. 2. Alert Mike for possible Banjo.	1. If no Banjo, work inside-out on #2 jam and trail. 2. If your man blocks, hug. 3. If Banjo with Mike, make You/Me call on #2 receiver's release. 4. Blue/I Formation, be alert for 3-way Banjo.
MIKE	Front will dictate	Late Sky	1. Cover down on #3. 2. Be alert for possible Banjo.	1. If no Banjo, work inside-out on #3 strong, jam and trail. 2. If your man blocks, hug. 3. Blue/I formation, be alert for 3-way Banjo.
WILL	Front will dictate	Late Sky	1. Cover down on #2 weak. 2. Be alert for possible Banjo on Brown or Double Set.	1. If no Banjo, work inside-out on #2 jam and trail. 2. If your man blocks, hug. 3. Blue/I formation sets, be alert for 3-way Banjo.



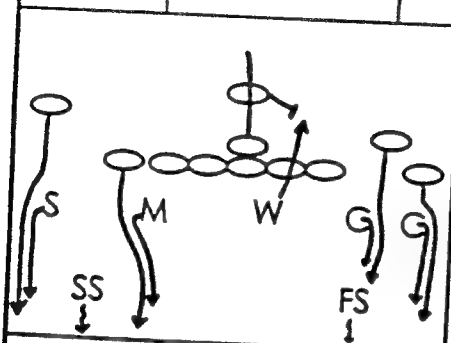


Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	Press Alignment I/S	Late Sky	Trail Technique (Alert for Banjo rules)	1. Same as C2 Man.
Strong Safety	+3/ +8 On Y	Late Sky	Deep 1/2 field.	1. Same as C2 Man. 2. Wide Slot set, 3 yards inside numbers +14
Free Safety	3 yards Inside #'s/ +14	Late Sky	Deep 1/2 field.	1. Same as C2 Man
Weak Corner	Press alignment I/S	Late Sky	Trail technique (Alert for Banjo rules)	1. Same as C2 Man 2. Corners over vs Slot

COVER 6 MAN (VS SLOT)



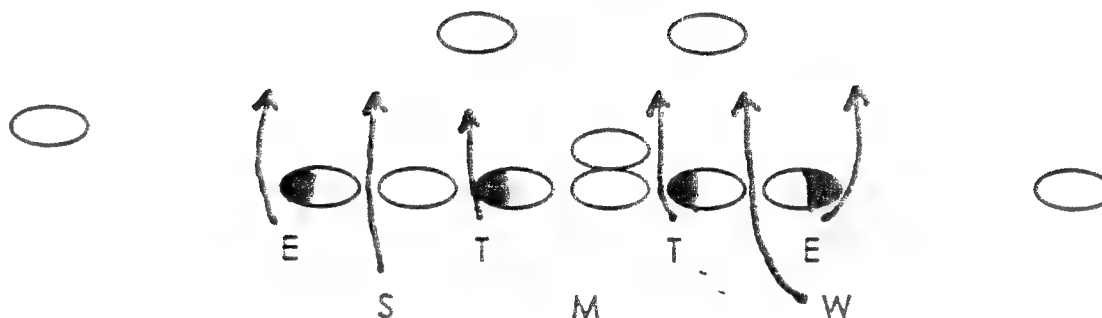
Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Front will dictate	Late Sky	M/M #1 weak (Alert for Banjo with Mike)	<ol style="list-style-type: none"> 1. Wide Slot set, cover down on #1. 2. If man blocks, hug. 3. I or Blue, be alert for 3-way Banjo.
MIKE	Front will dictate	Late Sky	M/M on #2 weak (Alert for Banjo with Sam)	<ol style="list-style-type: none"> 1. If man blocks, hug. 2. I or Blue, alert for 3-way Banjo.
WILL	Front will dictate	Late Sky	M/M on #3 Strong	<ol style="list-style-type: none"> 1. If man blocks, hug. 2. I or Blue, alert for 3-way Banjo. 3. Brown or Slot Trips, possible Banjo with Mike.





XIV . STORM PACKAGE

40 STORM



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Rip	Box	Ball	Contain	Flatten & Pursue	Contain
LT. END	9 Tech	Rip	Box	Ball	Contain	Flatten & Pursue	Contain
RT. TACKLE	2 Tech	Rip	Box	Ball	A Gap	Flatten & Pursue	Inside Pressure
LT. TACKLE	3 Tech	Rip	Box	Ball	B Gap	Flatten & Pursue	Inside Pressure
SAM	50	Rip	Box	Ball	C Gap	Flatten & Pursue	Inside Pressure
MIKE	10	Read	Box	Back	A Gap	Scrape	Man
WILL	60	Rip	Box	Ball	B Gap	Flatten & Pursue	Inside Pressure

ADJUSTMENTS: 2 TE - End adjust to 9 technique.

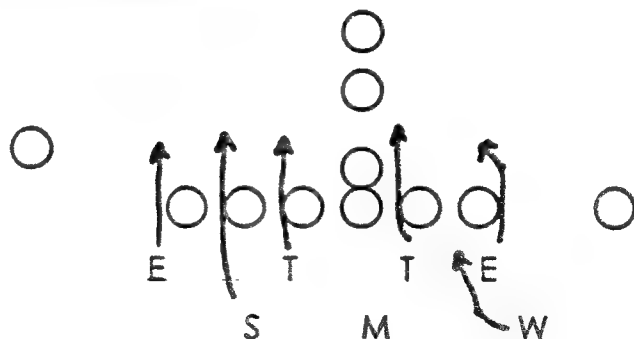
Trips - Mike Adjust

Fire - SS, FS Banjo; Mike 2nd Back Out.

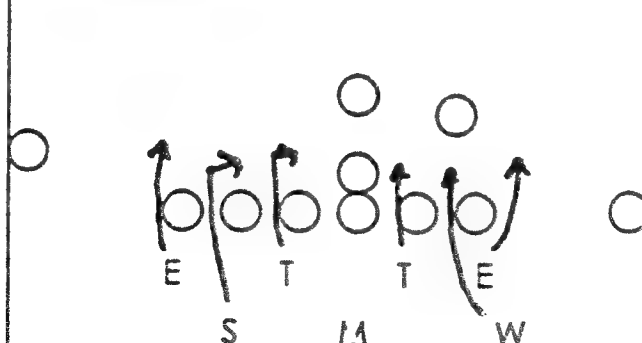
COVERAGE CALLS:

Blitz Coverage

RUN STRONG

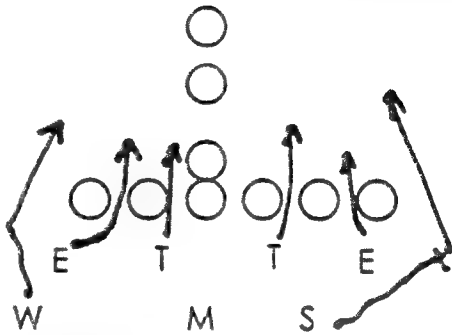


RUN WEAK



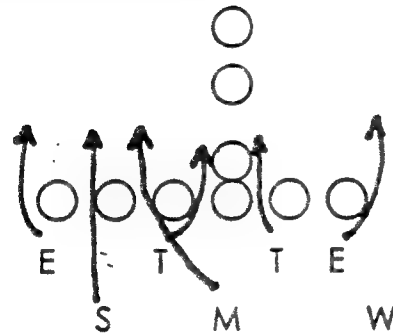
40 STORM VARIATIONS

40 IN

**Coaching Points:**

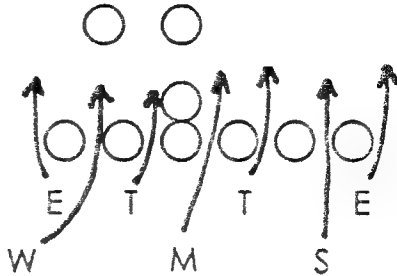
- * Ends, Sam and Will exchange gaps.
- * Ends run FB and Gap stunt.
- * SLB, WLB come from outside.

40 STRONG

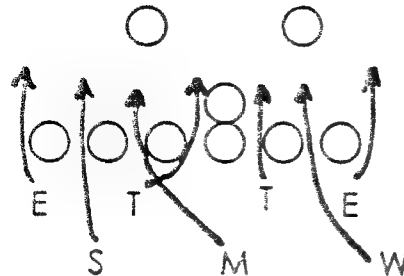
**Coaching Points:**

- * Involve Sam and Mike blitzing strong side. Strong side end is in a Green Dog.

MAX STORM

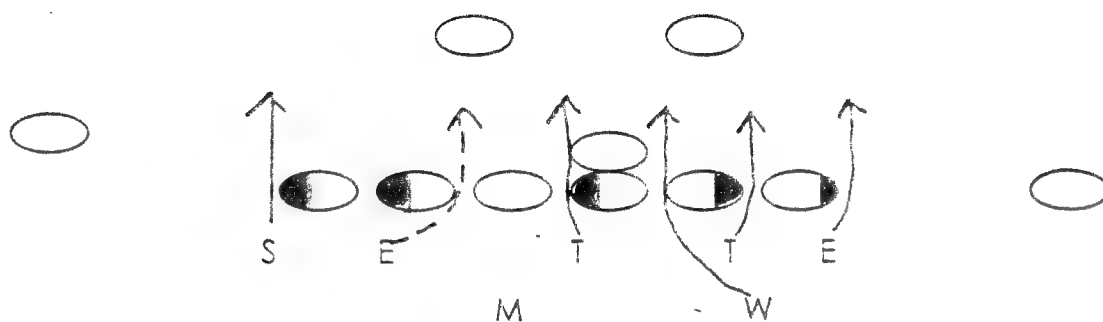
**Coaching Points:**

- * 7 Man pressure with blitz coverage. Ends are on Green Dog rush. Responsible for single back or #3 receiver. Alert for call from secondary when Trips adjustment is made.

**Coaching Points:**

- * 7 - Man pressure with blitz coverage. Ends are on Green Dog rush. Responsible for single back or #3 receiver. Alert for call from secondary when Trips adjustment is made.

70 STORM



Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Razor	Box	Ball	C Gap	Flatten & Pursue	Contain
LT. END	5 Tech	Rip	Box	Ball	C Gap	Flatten & Pursue	Contain
RT. TACKLE	3 Tech	Rip	Box	Ball	B Gap	Flatten & Pursue	Inside Pressure
LT. TACKLE	1 Tech	Rip	Box	Ball	A Gap	Flatten & Pursue	Inside Pressure
SAM	9	Rip	Box	Ball	D Gap	Flatten & Pursue	Under Stunt
MIKE	30	Read	Box	Back	B Gap	Pursue	Cover #3 STR or sgl back
WILL	30	Rip	Box	Ball	A Gap	Flatten & Pursue	Inside Pressure

ADJUSTMENTS: 2 TE - End adjust to 9 technique.

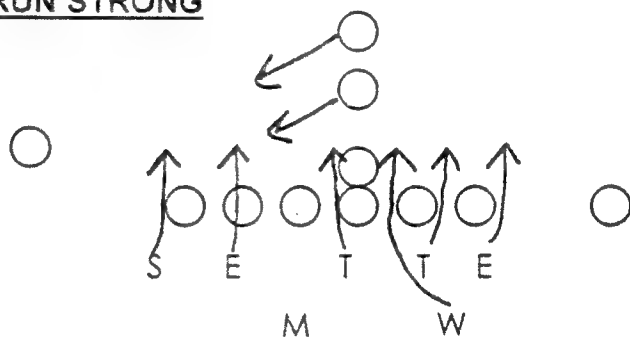
Trips - Mike Adjust

Fire - SS, FS Banjo; Mike 2nd Back Out.

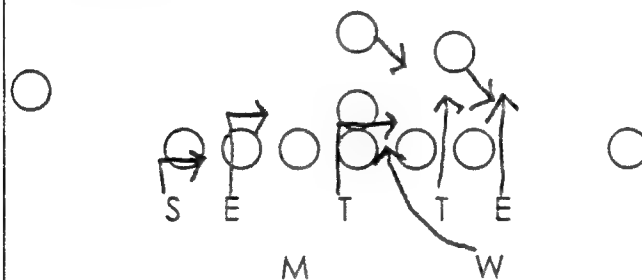
COVERAGE CALLS:

Blitz Coverage

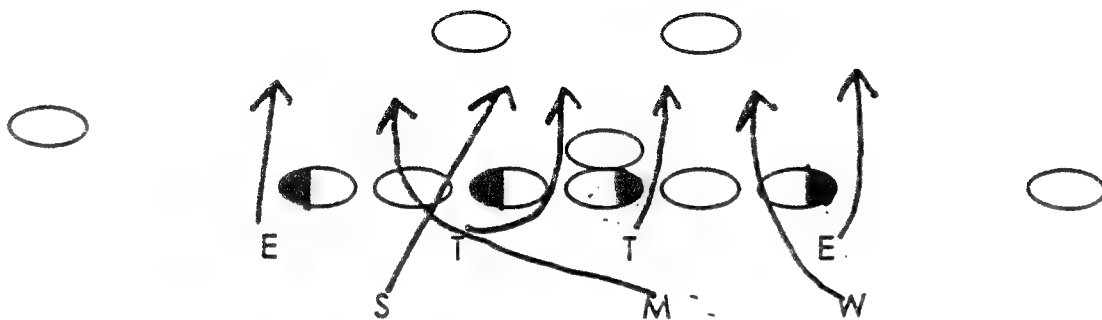
RUN STRONG



RUN WEAK



COWBOY STORM BLITZ



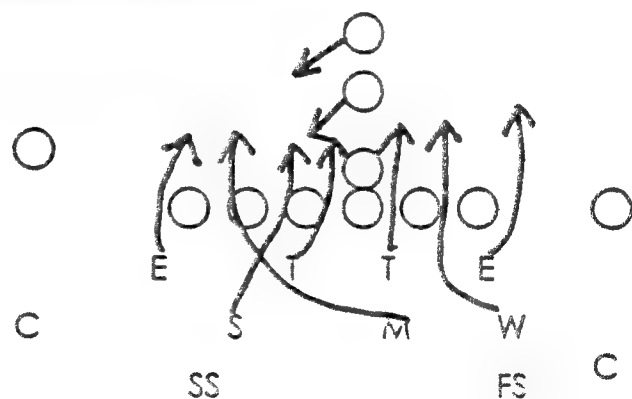
Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Speed; Rip	Box	Ball	Contain	Contain	Green Dog Rules
LT. END	9 Tech	Speed; Rip	Box	Ball	Contain	Contain	Green Dog Rules
RT. TACKLE	1 Tech	Speed; Rip		Ball	A Gap	A Gap	A Gap
LT. TACKLE	3 Tech	Pinch		Ball	A Gap	A Gap	A Gap
SAM	50	Blitz; Rip		Ball	B Gap	B Gap	Pressure
MIKE	20	Blitz; Rip		Ball	C Gap	C Gap	Pressure
WILL	60	Blitz; Rip		Ball	B Gap	B Gap	Pressure

ADJUSTMENTS: Safeties will adjust to 1 Back sets or formations that pose a possible Trips alignment-will give an "I'm adjusted" call to effect Green Dog rules.

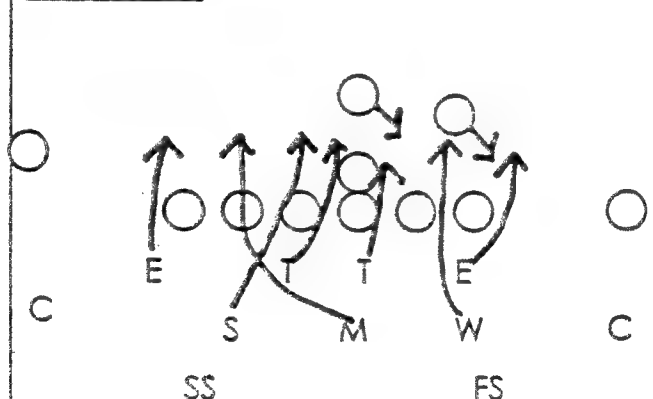
COVERAGE CALLS:

Blitz and Blitz Press.

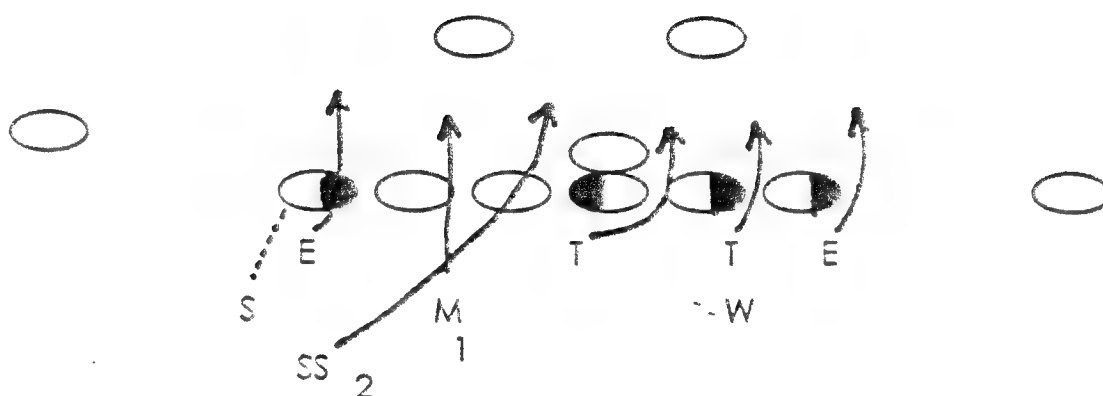
RUN STRONG



RUN WEAK



77 LIGHTNING

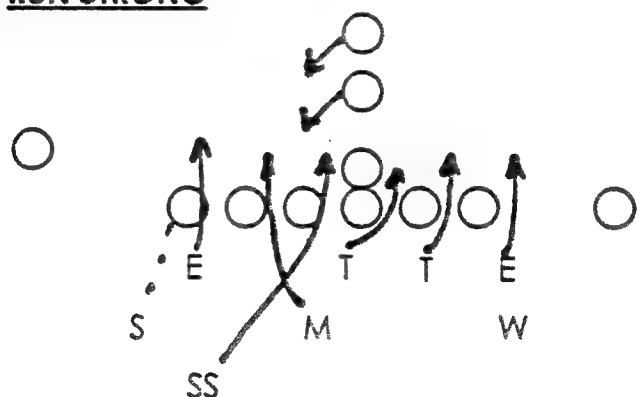


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Rip	Box	Ball	C Gap	Pursue	Contain
LT. END	7	Rip	Box	Ball	C Gap	Puruse	Contain
RT. TACKLE	3	Rip	Box	Ball	B Gap	Pursue	Inside Rush
LT. TACKLE	1	Rip	Box	Ball	A Gap	Pursue	Inside Rush
SAM	Jack	Blitz	Box	TE	D Gap	Pursue	M/M TE
MIKE	30	Blitz	Box	Ball	B Gap	B Gap	Blitz B Gap Strong 1st
WILL	30	Blitz	Box	Back	Flow to ball	A Gap	Cover #3 Strongor Single Back

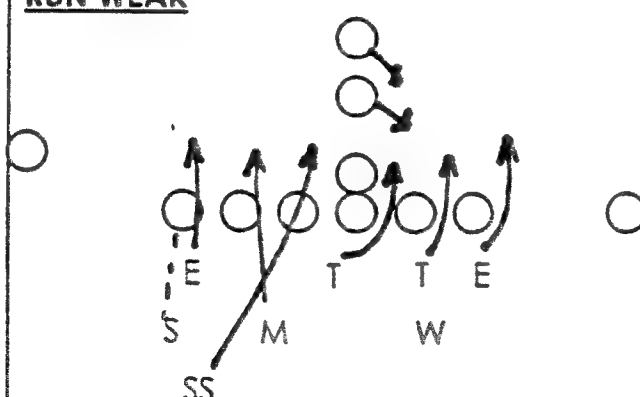
ADJUSTMENTS:

COVERAGE CALLS:

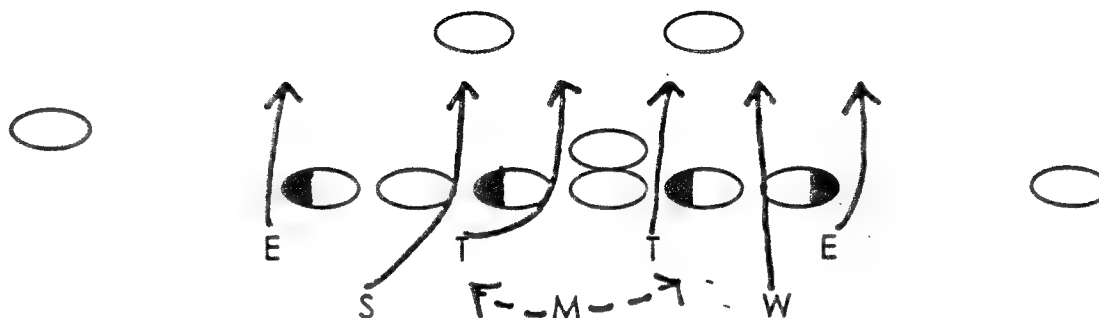
RUN STRONG



RUN WEAK



TAMPA STORM

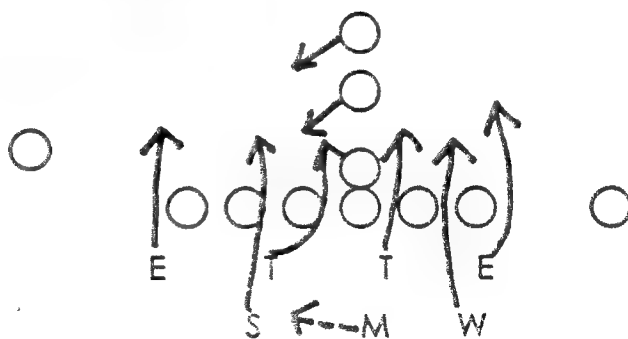


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Rip	Box	Ball	Squeeze	Flatten & Pursue	Green Dog
LT. END	9 Tech	Rip	Box	Ball	Squeeze	Flatten & Pursue	Green Dog
RT. TACKLE	2 Tech	Rip	Box	Ball	A Gap Weak	Flatten & Pursue	Inside Rush
LT. TACKLE	3 Tech	Pinch	Box	Ball	A Gap Strong	Flatten & Pursue	Inside Rush
SAM	40	Blitz	Box	Ball	B Gap Strong	B Gap Strong	Blitz B Gap Weak
MIKE	20	Blitz	Box	#3	Cover & Hug	Cover & Hug	Cover & Hug #3 Strong or Sgl Back
WILL	60	Blitz	Box	Ball	Blitz B Gap Wk	Blitz B Gap Wk	Blitz B Gap Weak

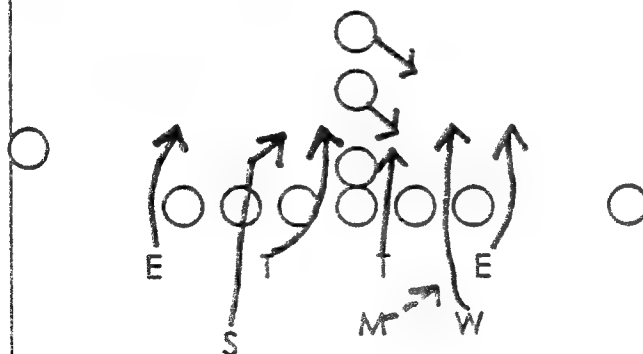
ADJUSTMENTS: 2 TE - End adjust to 9 Tech

COVERAGE CALLS: Blitz Coverage

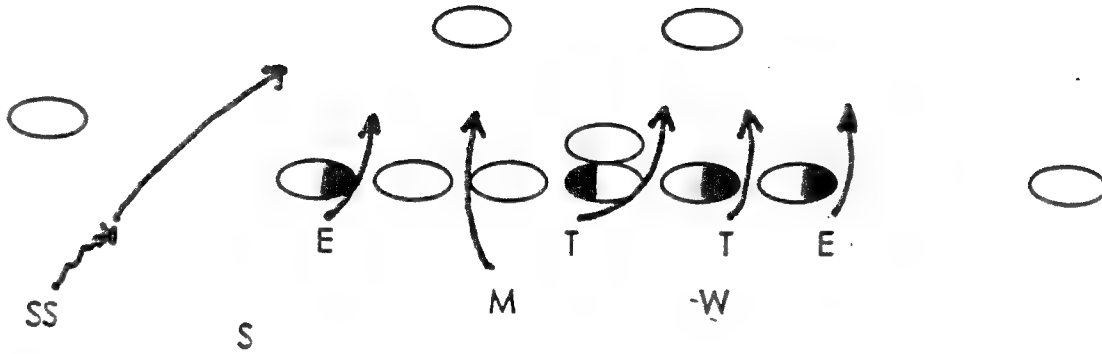
RUN STRONG



RUN WEAK



77 THUNDER

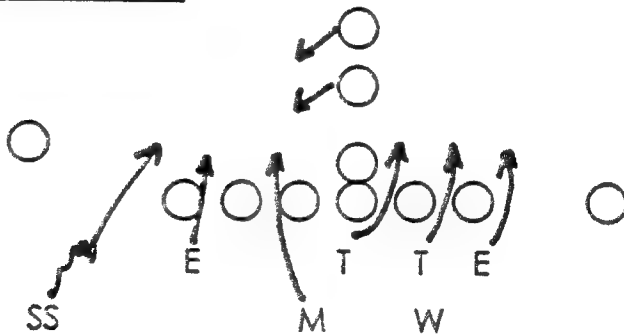


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Rip	Box	Ball	Contain	Pursue	Contain
LT. END	7	Rip	Box	Ball	C Gap	Pursue	Contain
RT. TACKLE	3	Rip	Box	Ball	B Gap	Pursue	Inside Rush
LT. TACKLE	2	Rip	Box	Ball	A Gap	Pursue	Inside Rush
SAM	Stack	Man	Box	Ball	D Gap	Fold	M-M TE
MIKE	30	Blitz	Box	Back	B Gap	Blitz B Gap Stg 1st	Blitz B Gap Stg 1st
WILL	30	Man	Box	Back	A Gap	Flow	Cover #3 Stg or Single Back

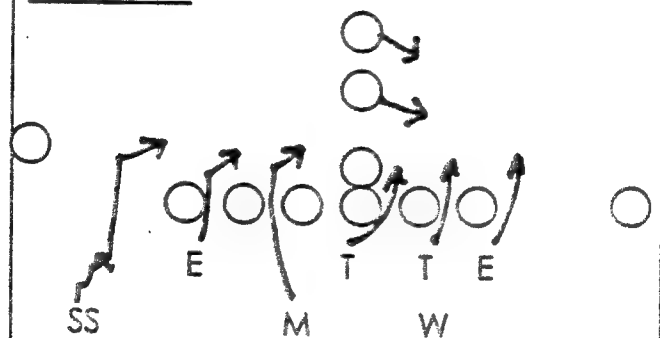
ADJUSTMENTS:

COVERAGE CALLS:

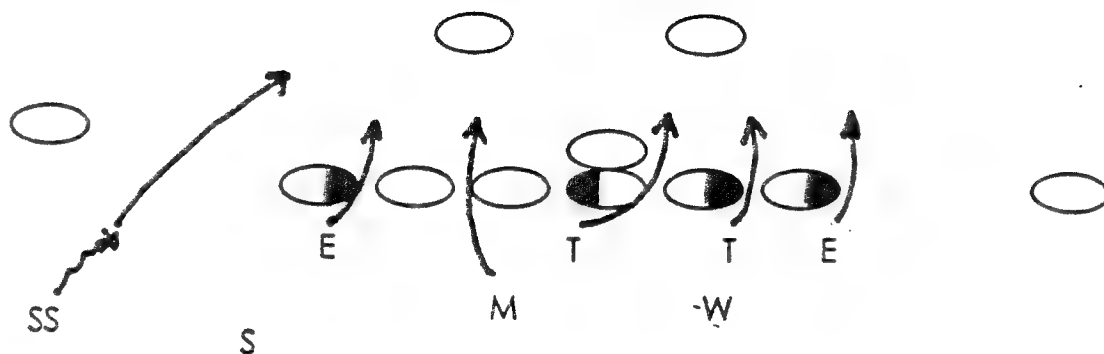
RUN STRONG



RUN WEAK



77 THUNDER

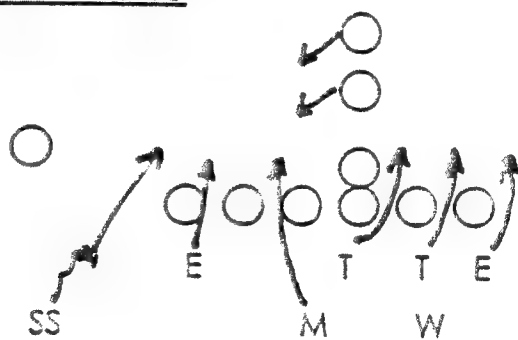


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Rip	Box	Ball	Contain	Pursue	Contain
LT. END	7	Rip	Box	Ball	C Gap	Pursue	Contain
RT. TACKLE	3	Rip	Box	Ball	B Gap	Pursue	Inside Rush
LT. TACKLE	2	Rip	Box	Ball	A Gap	Pursue	Inside Rush
SAM	Stack	Man	Box	Ball	D Gap	Fold	M-M TE
MIKE	30	Blitz	Box	Back	B Gap	Blitz B Gap Stg 1st	Blitz B Gap Stg 1st
WILL	30	Man	Box	Back	A Gap	Flow	Cover #3 Stg or Single Back

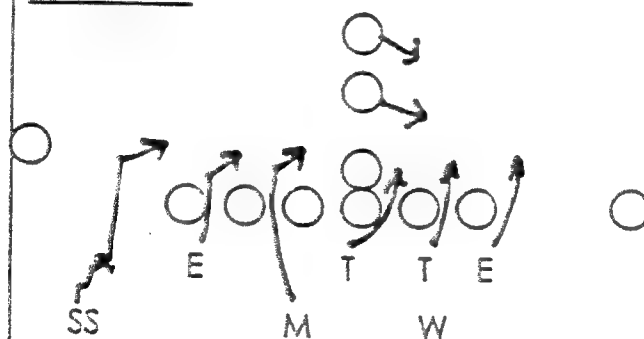
ADJUSTMENTS:

COVERAGE CALLS:

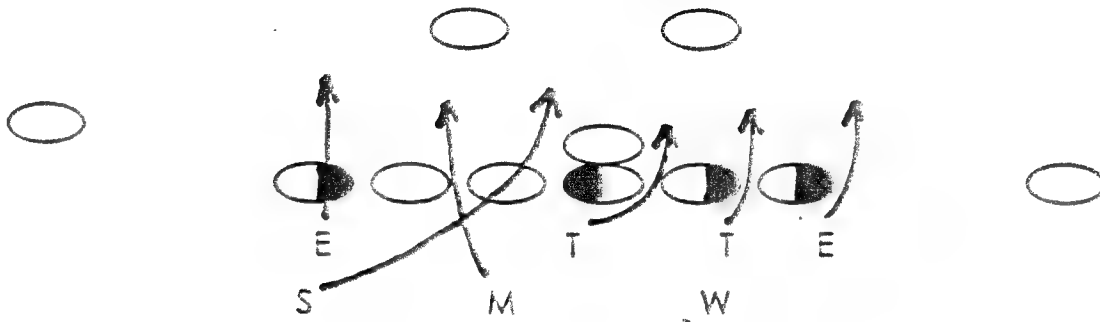
RUN STRONG



RUN WEAK



77 DOLPHIN

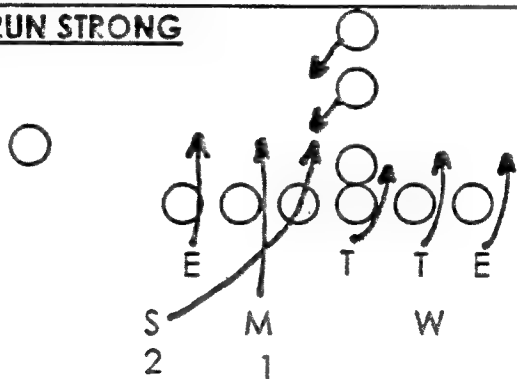


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5	Rip	Box	Ball	C Gap	Pursue	Contain
LT. END	7	Rip	Box	Ball	C Gap	Pursue	Contain
RT. TACKLE	3	Rip	Box	Ball	B Gap	Pursue	Inside Rush
LT. TACKLE	2	Rip	Box	Ball	A Gap	Pursue	Inside Rush
SAM	Stack	Blitz	Box	Ball	Blitz B Gap St 1	Blitz B Gap St 2nd	Blitz B Gap St 2nd
MIKE	30	Blitz	Box	Back	Blitz B Gap St 1	Blitz B Gap St 2nd	Blitz B Gap St 1st
WILL	30	Man	Box	#3 or single back	Flow	Flow	Cov. #3 or single back

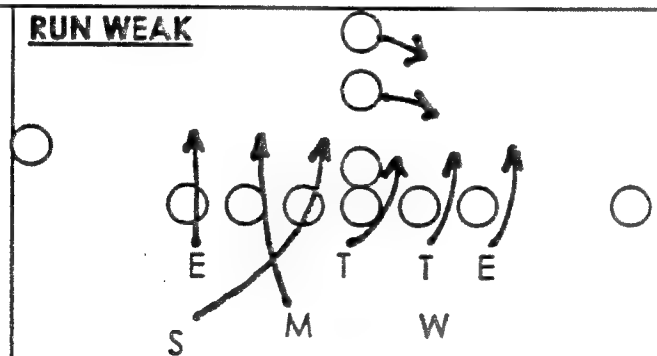
ADJUSTMENTS:

COVERAGE CALLS:

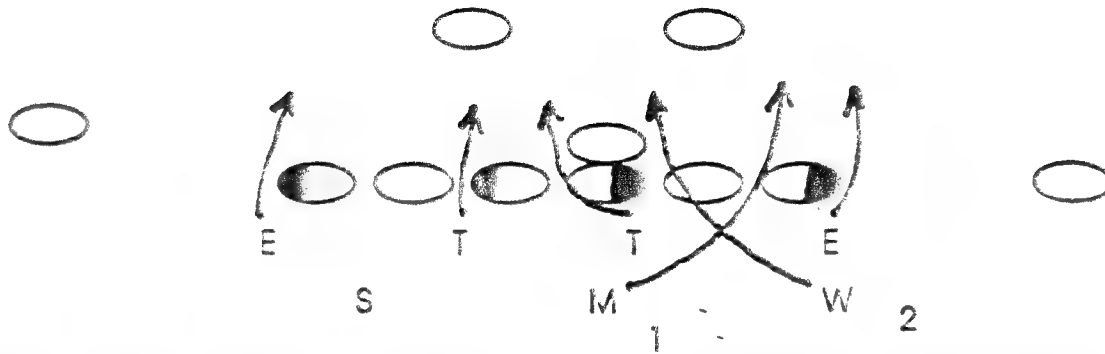
RUN STRONG



RUN WEAK



BUFFALO

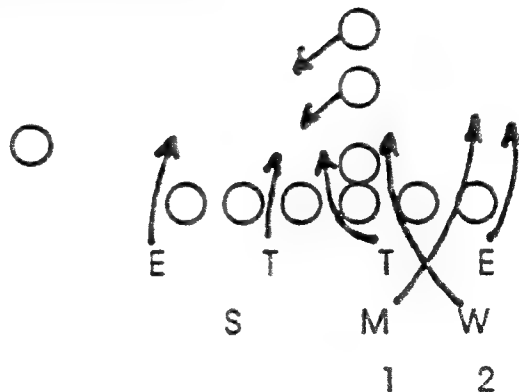


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	5 Tech	Rip	Box	Ball	Squeeze	Flatten & Pursue	Contain
LT. END	9 Tech	Rip	Box	Ball	Squeeze	Flatten & Pursue	Contain
RT. TACKLE	1 Tech	Rip	Box	Ball	A Gap Strong	Flatten & Pursue	Inside Rush
LT. TACKLE	3 Tech	Rip	Box	Ball	B Gap Strong	Flatten & Pursue	Inside Rush
SAM	40	Man	Box	#3	C Gap	Flow	Cov. #3 or single back
MIKE	20	Blitz	Box	Ball	Blitz B Gap Wk 1st Thru	Blitz B Gap Wk 1st Thru	Blitz B Gap Wk 1st Thru
WILL	60	Blitz	Box	Ball	Blitz A Gap Wk 2nd Thru	Blitz A Gap Wk 2nd Thru	Blitz A Gap Wk 2nd Thru

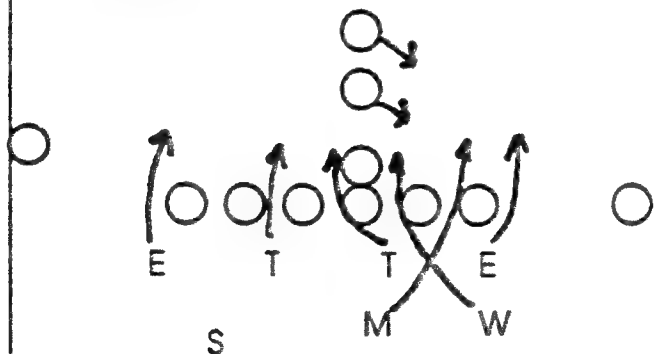
ADJUSTMENTS:

COVERAGE CALLS: Blitz Coverage

RUN STRONG



RUN WEAK





XV. RED ZONE

SECONDARY TECHNIQUES TO MASTER

Pass Coverage

Corner

Press $\frac{1}{4}$
Off $\frac{1}{4}$
Chico
Deep $\frac{1}{3}$ Clue
Press $\frac{1}{3}$
Bail $\frac{1}{3}$ Clue
Kick
Sink
Funnel (Press)
Blitz Man
Trail
Bracket

Safety

$\frac{1}{4}$ Read
Mirror TE
Mirror Slot
Deep Mid $\frac{1}{3}$ rd
Deep Mid $\frac{1}{3}$ rd Man
Hook off #3
Deep $\frac{1}{3}$ rd Clue
Deep $\frac{1}{2}$
Curl/Flat off #2
Robber
Thief
Buzz
Blitz Man (Hug)
Blitz Man Read
Bluff
Bracket

Run Support

Corner Force
Cutback – Cutoff
Secondary Contain
Inside Gaps

Sky Force
Secondary Contain
Inside Gaps
Cutback – Cutoff

Pass Rush

Contain Blitz
Free Rush

Contain Blitz
Free Rush

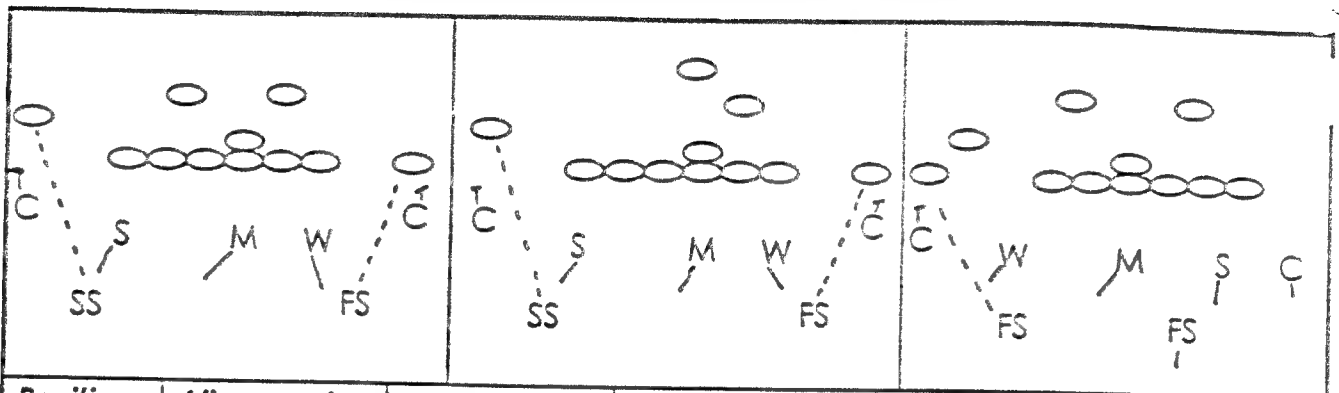
DOUBLE SWITCH SPECIAL

Position	Alignment	End Run Force	Pass Technique	Coaching Points
STRONG CORNER	I/S +5/+7	Sky	Outside 1/4.	1. Same as Double Switch. 2. No Chico call.
STRONG SAFETY	+2 On TE/ +10	Sky	Double or Inside 1/4 Coverage	1. Same as Double Switch. 2. If #2 & #3 are a pair, play only #2.
FREE SAFETY	+2 On /+10 I/S on Slot	Sky	Double or Inside 1/4 Coverage	1. Same as Double Switch. 2. Vs Trips, key #3 Strong. If #3 vertical, cover him. If not vertical by #3, help on #1 Weak.
WEAK CORNER	I/S +5/+7	Sky	Outside 1/4.	1. Same as Double Switch. 2. No Chico call.

DOUBLE SWITCH SPECIAL

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Same as Double Switch	Sky	Same as Double Switch	1. Same as Double Switch
MIKE	Same as Double Switch	Sky	Same as Double Switch	1. Same as Double Switch 2. Run up with #3 aligned if not in Trips.
WILL	Same as Double Switch	Sky	Same as Double Switch	1. Same as Double Switch 2. Vs. Trips, play man on #2 when he is up or out. Any other route, play Double Switch.

DOUBLE SWITCH BRACKET SPECIAL PRESS



Position	Alignment	End Run Force	Pass Technique	Coaching Points
STRONG CORNER	O/S Press	Sky	Outside jam and Key #2	1. Outside release - Flatten him to sideline, turn inside and Key #2. #2 Shoot, attack #2. No Shoot, Sink and Cover #1. 2. Inside release - Key #2 same as above.
STRONG SAFETY	Split #1 & #2 No wider than numbers	Sky	I/S M/M Technique on #1.	1. I/S Man to Man Technique on #1.
FREE SAFETY	Split #1 & #2 No wider than numbers	Sky	I/S M/M Technique on #1	1. Same as strong safety
WEAK CORNER	O/S Press	Sky	Outside jam and key #2	1. Same as strong corner



DOUBLE SWITCH BRACKET SPECIAL PRESS

Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Same as Double Switch	Sky	Same as Double Switch	1. Use Double Switch Cover Rules but <u>Run Up</u> if your man goes up.
MIKE	Same as Double Switch	Sky	Same as Double Switch	1. Use Double Switch Cover Rules but <u>Run Up</u> if your man goes up.
WILL	Same as Double Switch	Sky	Same as Double Switch	1. Use Double Switch Cover Rules but <u>Run Up</u> if your man goes up.

NOTES



XVI . TWO MINUTES

TWO MINUTES

Probably the most important part of a ball game is Two Minutes to go in either half. Many a game is won during that vital time. It is imperative for all to know when time is out and whether the clock starts on the snap or the official's whistle. Time-Outs must be saved for these periods. A team that can handle itself through this period without confusion and frustration will come out the winner.

Field position, time and score will determine the use of standard defenses with adjustments or if we use our Two Minute Package. If we are behind and need to conserve time and gain possession, we may elect to use standard defenses. If we are ahead and must prevent a touchdown or field goal, we may elect to play our Two Minute Package.

Important things to Know in the Last Two Minutes

1. Clock is not started after a score until KO is legally touched.
2. Referee must notify head coach of time-outs left.
3. Automatic official time-out upon anyone asking for measurement for first down.
4. Prior to last two minutes, a time-out in excess of three is a foul unless it is for an injured player who must be removed from the game.
Time starts at referee's signal.
5. If a team in possession is behind or score is tied during last two minutes of either half, a fourth time-out for injured player may be requested with penalty, but ten seconds will be run off. Referee signals before ball is put in play. Fouls by both offense and defense shall stop clock in the last two minutes of the first half and last five minutes of the fourth quarter, and clock will start at snap in the last two minutes.
6. Either half can end during ten second period on offensive foul.

We Must Gain Possession and Conserve Time:

We would use strong basic defense versus run.

Coaching Points:

1. Do Not Foul.
2. It is important to know the clock is stopped on all incomplete passes, ball out of bounds, when referee stops clock to assess a penalty, for a measurement, or for other reasons.
3. Don't waste time outs; use your time outs strategically. Stop the clock and call time out as soon as the whistle blows to complete the play.
4. Each team gets 3 time outs per half (2 in overtime). No player should call timeout unless told before the play or signaled by the head coach.
5. If a penalty is refused, clock starts immediately; otherwise, not until the ball is put in play.
6. Force ball carrier out of bounds on all wide plays.
7. Unpile quickly and get in defensive huddle; the next play must begin 25 seconds after referee signals ready to play. The quicker you are ready, the quicker the referee will signal.

Must Prevent a Score - Two Minute defenses or Nickel defenses, needing a touchdown or Field Goal may be played differently.

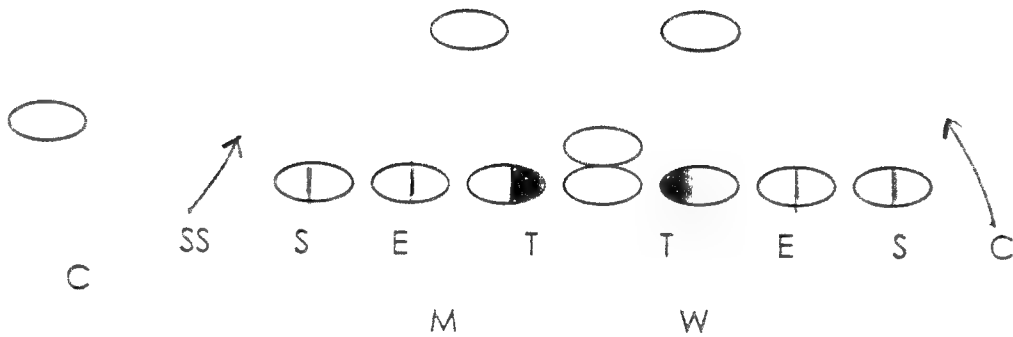
Coaching Points:

1. Do Not Foul.
2. Get up slowly from pile-up.
3. Try to keep ball carrier from going out bounds.
4. If in doubt from a tactical standpoint, refuse penalties so as to keep the clock running.



XVIII. GOAL LINE

GOAL LINE - MAN

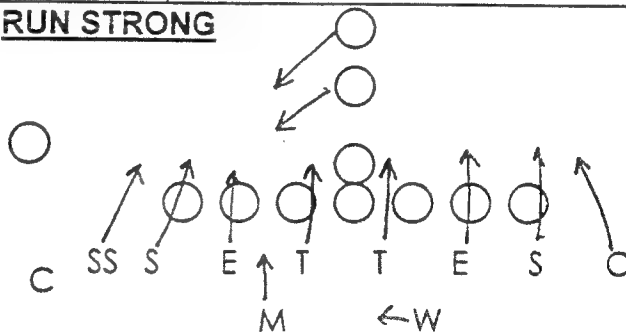


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	HD 5	Goaline Charge	Sky Cloud	Tackle	C Gap	Trail	Contain
LT. END	HD 5	Goaline Charge	Sky Cloud	Tackle	C Gap	Trail	Contain
RT. TACKLE	2	Goaline Charge	Sky Cloud	G/C	A Gap	Pursue	Inside Power
LT. TACKLE	2	Goaline Charge	Sky Cloud	G/C	A Gap	Pursue	Inside Power
SAM	6	6	Sky Cloud	TE	D Gap	Man Pursue	M/M - TE's
MIKE	30	30	Sky Cloud	Ball-Back	B Gap	Scrape/Flow	M/M - Back
WILL	30	30		Ball-Back	B Gap	Scrape/Flow	M/M - Back

ADJUSTMENTS: We will sub to goalline (s.) specific personnel groups according to field position and game plan. Secondary handles: Rocket. Lbers align in relation to backs for coverage.

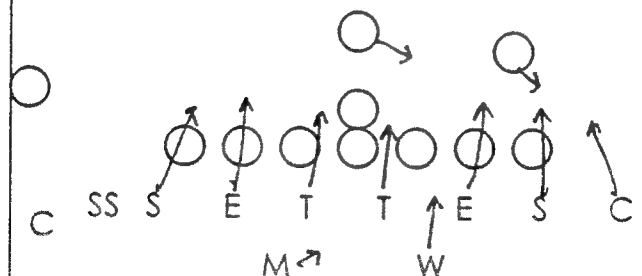
COVERAGE CALLS: Man Coverage; unless altered by game plan. **NOTE:** If possible play action pass - "Go" call could be added for front - 4.

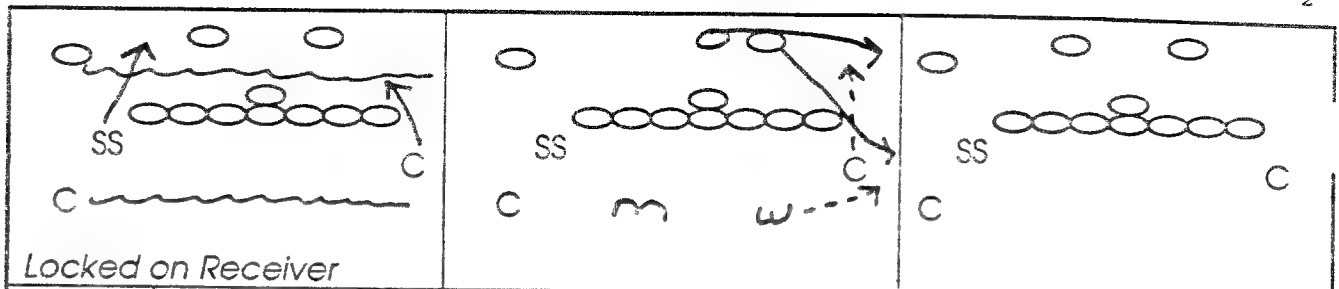
RUN STRONG



*NOTE: Lber depth is dependent on depth of deepest back.

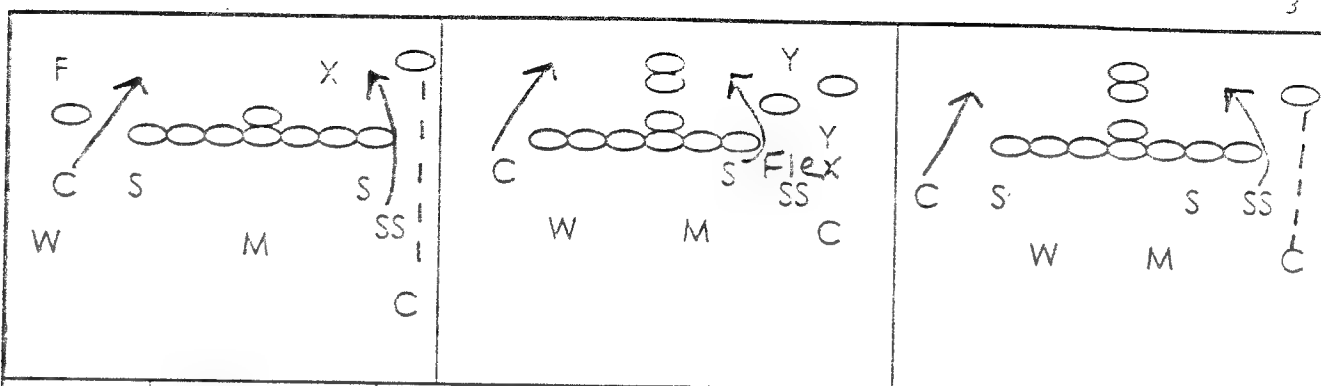
RUN WEAK





Locked on Receiver

Position	Alignment	End Run Force	Pass Technique	Coaching Points
Strong Corner	(Press) Inside Man to Man on WR	Sky-Cloud	Inside Man to Man	1. Any Motion by your receiver run with him. 2. If Wing set and he crack blocks on SS, replace
Strong Safety	8 Tech to run strength	Sky-Cloud	None unless Sam tells you to cover Flex TE	1. Contain all pass, force all run inside, squeeze. 2. On Flood pass your side, pick up 2nd back out your side.
Free Safety	Out of Play			
Weak Corner	8 Tech to Weak Side of Run Strength	Sky-Cloud	None unless Sam tells you to cover Flex TE or Slot Set	1. Contain all pass, force all run inside, squeeze. 2. If Flood pass your side, cover 2nd back out your side. 3. If split end your side, cover him. 4. Vs. Slot Set, corners over Man to Man, Press.

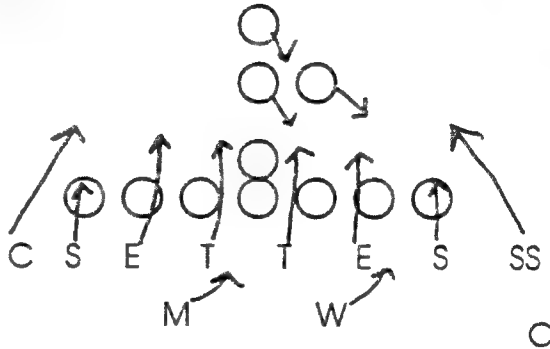


Position	Alignment	End Run Force	Pass Technique	Coaching Points
SAM	Foot to Foot on TE	Sky	Inside Man to Man (Aggressive)	1. Don't let TE release clean inside. 2. If your TE flexes, tell SS or Corner your side to cover him. You become contain rusher.
MIKE	30	Sky	You have Back your side Man to Man.	1. If Trips or Motion to Trips, let Will take Trips Back; you take remaining back.
WILL	30	Sky	You have Back your side Man to Man.	1. Any Back Motion or Divide, you cover Back in Motion.

	<p>*Any back motion Will LB covers, Mike adjusts plays running back.</p>	

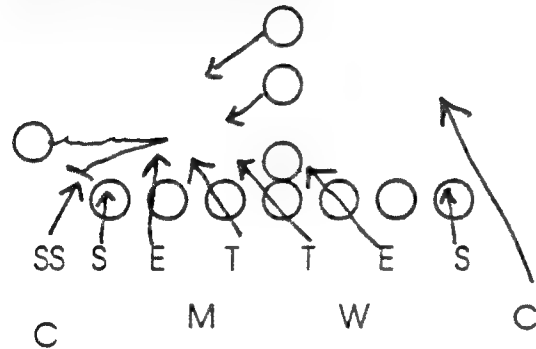
GOAL LINE

GOAL LINE 4'S - MAN

**Coaching Points:**

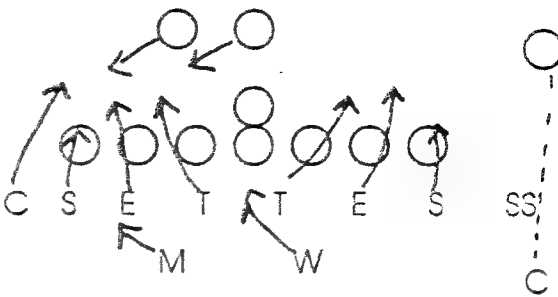
- * Defensive ends use same alignment on snap of ball they use power step
- * Inside foot, attack inside V-DF neck of offensive tackle. Control the B-Gap.
- Lber's - Now have C Gap responsibility.

GOAL LINE DIRECTIONS - MAN

**Coaching Points:**

- * Defensive line involved in a directional slant stunt. The end to the direction.
 - * Must rip outside shoulder and upfield. Remaining D-Line aggressive slant TE 1 - Call.
- NOTE:** Directions will be by game plan (i.e. certain TE, power back, H-Back, Motion).

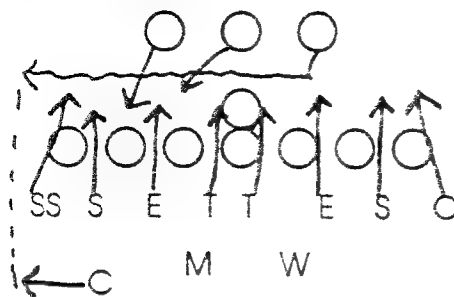
GOAL LINE OUT

**Coaching Points:**

- * Defensive ends and tackles make an outside rip charge. Tackles hit guards in face and cross to B-Gap. Ends rip upfield C-Gap.
- NOTE:** Used if expecting off tackle or wide run-toss, sweep.

Y Double Shoot, Corner or SS Green Dog 1st back out your side.

GOAL LINE GUTS ALL FIRE

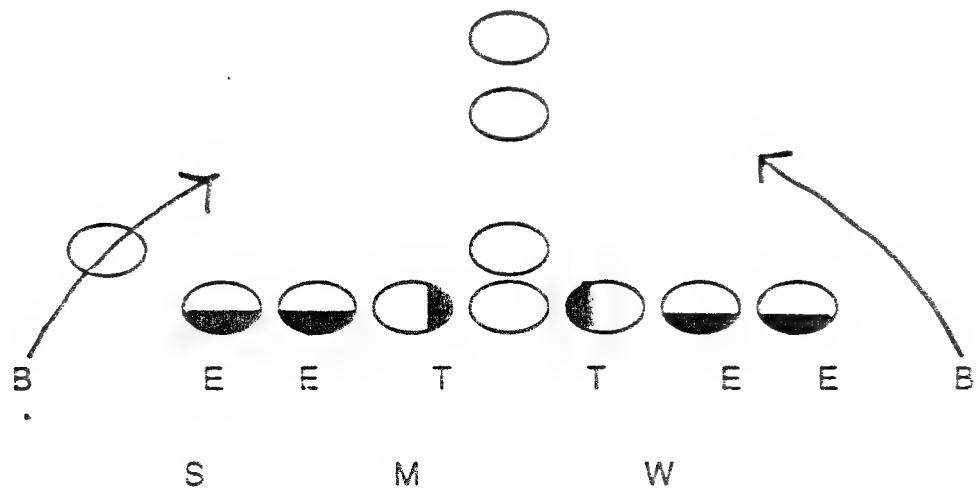
**Coaching Points:**

- * Ends, & Sam's move down inside the B & C Gaps. Explode Upfield.
- * Tackles' cover shoulders of center explode driving center back - stop QB Sneak.
- * Lber's - Tighten. Be ready to jump or scrape.

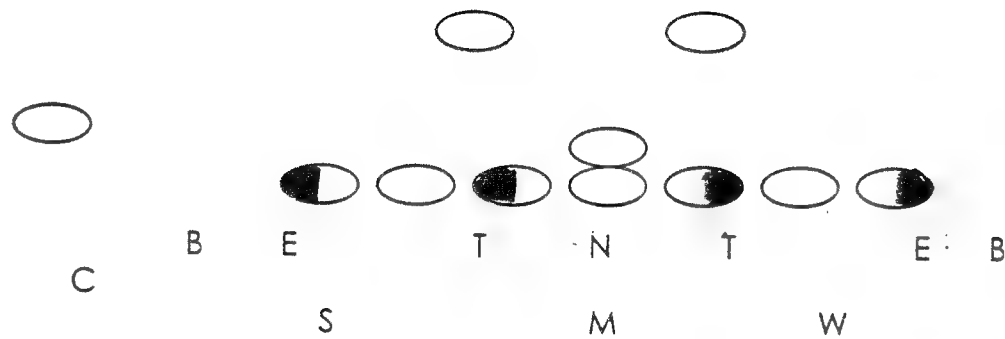
SS or Corner be ready to spill all kick out blocks.

GOAL LINE MAN

3Y



GIANT

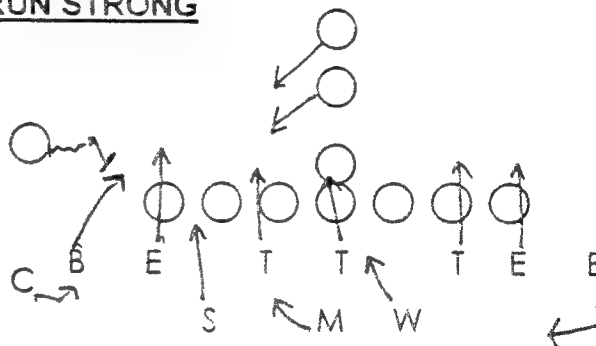


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	9	Rip	Backer	TE	D Gap	Pursue	Contain
LT. END	9	Rip	Backer	TE	D Gap	Pursue	Contain
RT. TACKLE	3	Goaline Charge	Backer	Guard	B Gap	Gap Responsibility	Inside Pressure
LT. TACKLE	3	Goaline Charge	Backer	Guard	B Gap	Pursue	Inside Pressure
NOSE TACKLE	0	Goaline Charge		Center/Form	A Gap		
SAM	50 (ST)	50	Backer	Backs	C Gap	Scrape A	Drop
MIKE	00	00	Backer	Backs	Scrape	Scrape	Drop
WILL	50 (WK)	50	Backer	Backs	C Gap	Scrape A	Drop
O/S BKERS	8	8	Box	Backs	Force	Fold	Flap Drop
CORNER	Inside M/M	Press	Box	WR or Z	2nd	Squeeze	M-M on Z

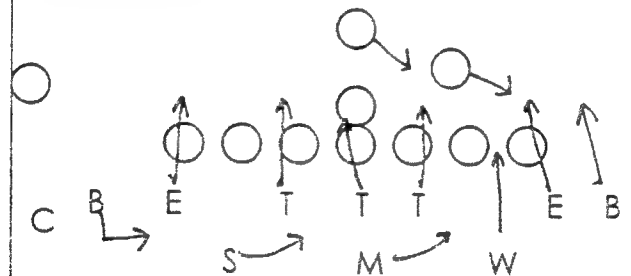
ADJUSTMENTS: 1. CB has Z, Man to Man and handles all motion by Z. 2. Trips Linebackers slide and adjust. 3. If TE's flex or back motion, Outside backer handles.

COVERAGE CALLS: Zone

RUN STRONG

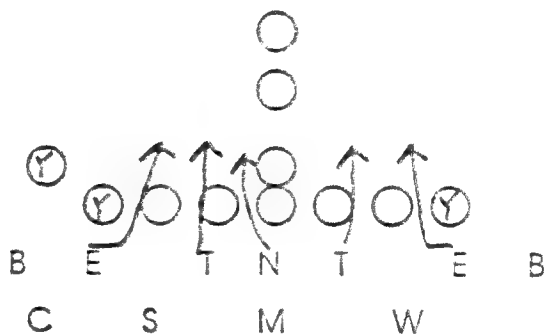


RUN WEAK



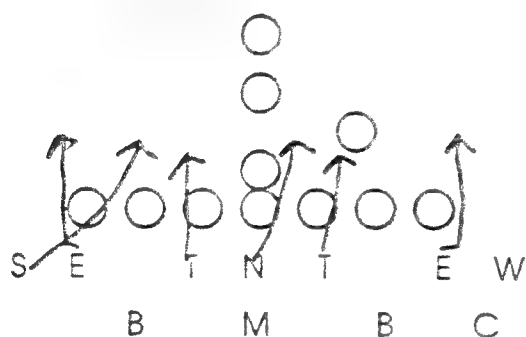
GOAL LINE

GIANT FULLBACK

**Coaching Points:**

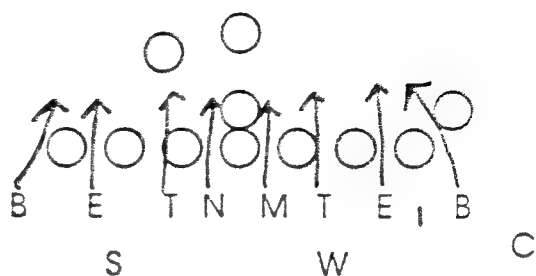
- SLB and WLB ready to scrape on flow.
- NT - Gets Louie Call.

GIANT LIGHTNING

**Coaching Points:**

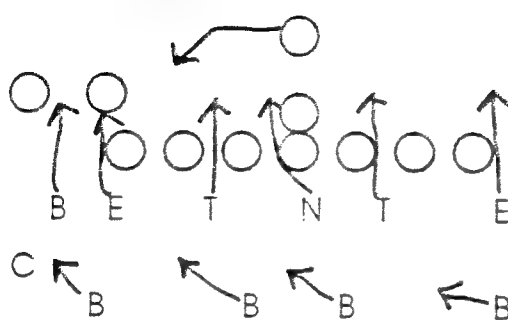
- Enas must Rip Upfield - contain and Box all runs.
- NT - Gets Roger Call.

GIANT GUTS ALL FIRE

**Coaching Points:**

- MLB goes down into A Gap - opposite of NT.

GIANT - ADJUST TO TRIPS

**Coaching Points:**

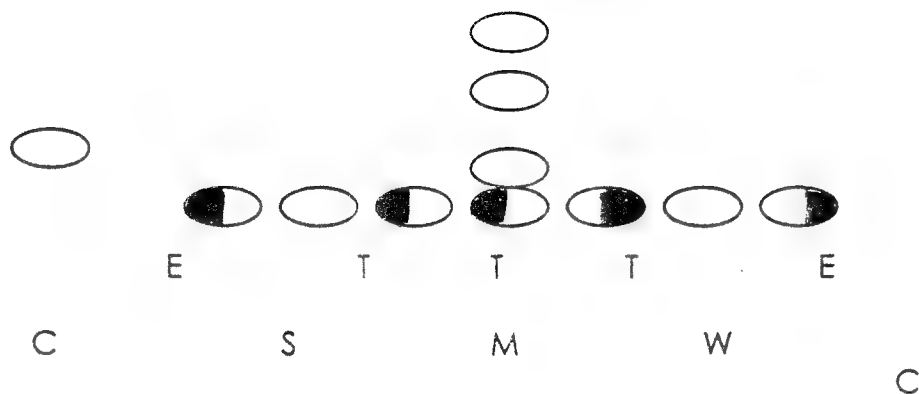
- Linebackers slide to the Trips.
- Outside Backer away from Trips Stacks, ready to Fold or Scrape.

NOTES



XIX . SHORT YARDAGE

UPFIELD GIANT

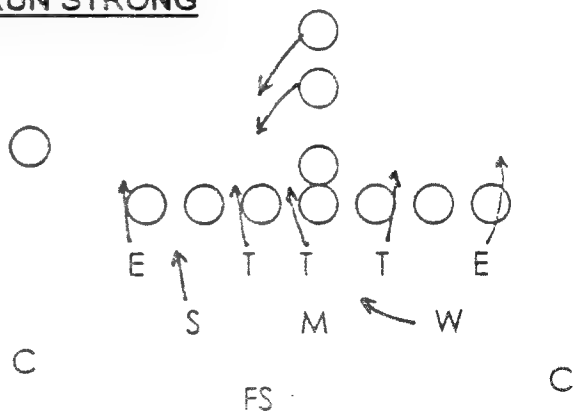


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	9 Tech	Rip	Backer	TE	D Gap	Flatten & Pursue	Contain
LT. END	9 Tech	Rip	Backer	TE	D Gap	Flatten & Pursue	Contain
RT. TACKLE	3 Tech	Goaline Charge	Backer	OG	B Gap	Flatten & Pursue	Inside Rush
LT. TACKLE / NOSE TKL.	3 Tech 0	Goaline Charge Goaline Charge	Backer	OC Rcg/Lou	B Gap A Gap to call	Flatten & Pursue	Inside Rush
SAM	50 (ST)	50	Backer	Backs	C Gap	Scrape A	Drop
MIKE	00	00	Backer	Backs	Scrape	Scrape	Drop
WILL	50 (WK)	50	Backer	Backs	C Gap	Scrape A	Drop

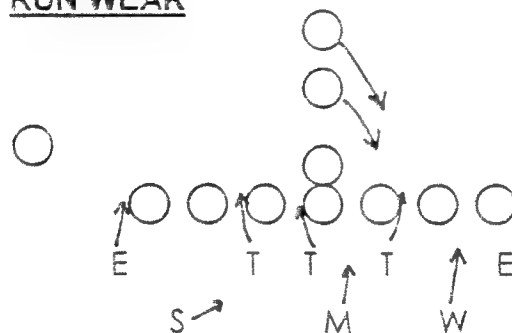
ADJUSTMENTS:

COVERAGE CALLS:

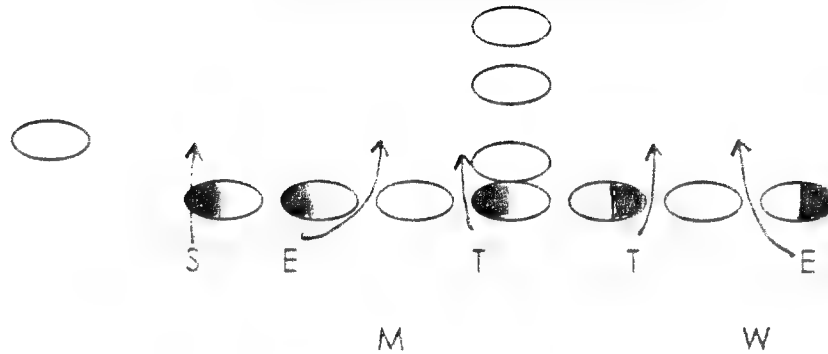
RUN STRONG



RUN WEAK



70 RAZOR FULLBACK

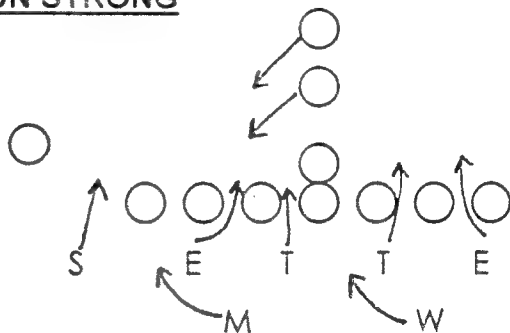


Position	Align	Tech.	Support	Key	Run To	Run Away	Pass
RT. END	9 Tech	Fullback	By Cover	Ball	C Gap	Flatten & Pursue	Contain
LT. END	5 Tech	Razor	By Cover	Ball	B Gap	Flatten & Pursue	Contain
RT. TACKLE	3 Tech	Blast Charge	By Cover	OG	B Gap	Flatten & Pursue	Inside Rush
LT. TACKLE	1 Tech	Blast Charge	By Cover	OC	A Gap	Flatten & Pursue	Inside Rush
SAM	9 Tech	Read	By Cover	TE/ Near Back	D Gap to Alley	Chase Behind LOS	Cover Called
MIKE	30	Read	By Cover	Neutral Back	C Gap	A Gap	Cover Called
WILL	30	Read	By Cover	Neutral Back	Stack Scrape	A Gap	Cover Called

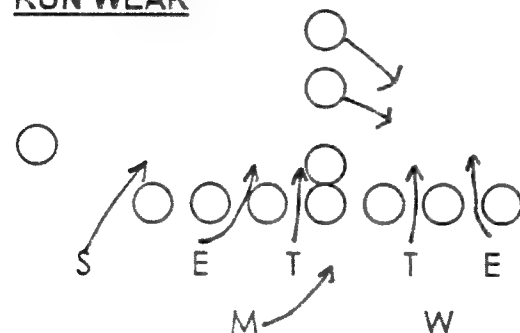
ADJUSTMENTS:

COVERAGE CALLS:

RUN STRONG



RUN WEAK





XX . DEFENSIVE LINE TECHNIQUES
AND RESPONSIBILITIES

STANDARDS AND ACCEPTED PERFORMANCE

1. Your role within the Team Concept:
 - A. Football is a team game...be a team player. You must be willing to make sacrifices to help the team. In doing so, you are ultimately helping yourself.
 - B. Approach each phase with a positive attitude. Attitudes are contagious. A positive attitude will help the team win.
 - C. Every play on the team has a role to play. As the season goes along, your role becomes clearer. It is your job to do everything mentally and physically to be successful within your role and the team concept.
 - D. Applaud the accomplishments of your teammates.
 - E. Each drill and practice is designed to **help you** improve. Practice with a purpose. There is a definite correlation between the way you practice and the way you perform on Gamedays.
 - F. Always look for ways to improve yourself.
 - G. You must make a commitment to all areas: practice, weight room, film study, meetings, off-season conditioning, as well as games.
 - H. Ask yourself:

Am I Committed?

Am I Sincere?

Can I Be Trusted?

PHILOSOPHY & TECHNIQUES

DEFENSIVE LINE

1. Philosophy and Techniques of Playing Defensive Line

A. Philosophy of Defensive Line Play

1. While our goal is to be the best defensive team in the League, we must prevent the long run and long pass for a touchdown. This can be accomplished by complete understanding of what we are trying to achieve as a team. The effectiveness of our defense is measured by the number of points scored against us.

2. Desire

- A. Your attitude as an individual player has a definite bearing on the overall success of our defensive unit. Above all, you must sacrifice to be a winner. Desire is the most important ingredient of winning; however, the combination of desire and thorough understanding of our system will ensure the best results.
- B. We must be tough, mentally and physically. We must think tougher! We obtain this toughness by practicing tough. Toughness and wanted to overcome a lot of physical abilities.
- C. Know your individual assignment on each and every defense called, so your execution becomes automatic.
- D. Learn the opponent's tendencies from film study and scouting reports, so you can make the correct adjustments when necessary.
- E. When playing the run, you must have the desire to whip the blocker, get rid of him and make the tackle. If play is not directed at you, you must be willing to sprint at a proper angle of pursuit and tackle the ball carrier (strip the ball).

F. When rushing the passer, you must put pressure on the passer by using proper rushing techniques and by rushing in your prescribed lane. The name of the game is to get to the passer and punish him.

3. The success of our defense will depend on your willingness to practice, execute and an understanding of our defenses. Your individual execution and effort determines the effectiveness of our defense.

B. Essentials of Good Defensive Line Play

NOTE: Fundamentals of defensive line play will be learned in a progressive manner. Any failure in this learning progression will cause your entire performance to break down.

Lateral and vertical alignment.

Stance and Keys (focal point).

Charge.

Read and reaction.

Neutralize and escape blocker.

Pursue.

Tackle.

1. Lateral and Vertical Alignment.

a. **Vertical** - align with down hand 12-18 inches off near point of ball. Distance will vary depending on:

- (1) Your quickness and quickness of opponent.
- (2) Your ability to read and react. The closer you can align to the line of scrimmage and still effectively execute your assignment, the better.
- (3) Loosen on run situation.
- (4) Tighten on pass, goal line and short yardage situations.

2. Stance and Keys

Ends and Tackles will use a three-point stance and a four-point stance on short yardage and goal line. Two types of stances will be used.

- A. **Sprint Stance** (Pass Rush Stance)- Feet spread width of armpits with *hell-to-toe* stagger. Right hand down, right foot back. Left hand down, left foot back. Legs well under body. Knees flexed no greater than 90%. Back parallel to ground (tail may be slightly higher than shoulders). Head and eyes up. Heels slightly off the ground. Weight will be distributed between down hand and up foot.
- B. **Normal Stance** - Feet spread width of armpits with very little stagger. Right or left hand down. Slight weight on hand. Legs well up under the body. Knees flexed no greater than 90%, heels slightly off ground. Back parallel to ground (tail may be slightly higher than the shoulder). Head and eyes up. Weight must be equally distributed on balls of both feet. This stance must permit lead step right, left or straight ahead.

KEYS: - Team defensive calls will dictate your area of responsibility and type of control. Type of control will dictate key. Key demands that you focus your eyes to a given point. This point is the "focal point." You must see these keys simultaneously.

3. Charge

- a. **Hard Charge** - Explode on first movement of ball or offensive linemen.
 - (1) **Explosion Step** (1st step) - Roll off up foot, bringing up rear foot.
 - (2) **Balance Step** (2nd step) - Bring foot up to for near parallel base as you charge with eyes focused on keys you will "Read." This "Read" must be completed as you make your balance step. Your next step will always be a reaction step.

- (3) **Reaction Step** (3rd step) - This step will be a reaction to your "Read."

Note: In many cases, you should make your "Read" on the Explosion Step (1st step), in which case your second step will be a Reaction Step rather than a Balance Step. Make all steps as short and as quickly as possible. **Never** be so intent on "Reading" that your charge is delayed or soft. There shall never be any hesitation or pause from the beginning of your charge to the completion of your reaction.

- b. **Control Charge** - Will be used when playing head-up on offensive player. First step will always be to side of control. If outside control, step with outside foot. This step should always be straight and strong. Don't step flat down L.O.S. 2nd step will be either a balance or reaction step, depending on "Read of keys."

Nose Tackle control either side of Center with flow (a gap). Step with left foot if Center comes to your left or straight ahead. Step with right foot if he comes to your right.

C. **Fundamental Techniques That Will Be Used**

1. **Butt Technique**

- a. Used to neutralize the offensive blocker and control him on Man blocking when head up or in a tight outside position of offensive linemen.

As you take explosion step, drive helmet under shoulder pads of blocker (just above numbers). At the completion of the charge, get head and eyes up and get heels of hands under shoulder pads. At the completion of the charge, the elbows must be locked to get blocker away from body, and legs should be well up under the body. Continue to apply leg pressure. Ward off blocker, keeping leverage on ball carrier and make tackle.

2. Forearm Rip

- a. Used to neutralize the offensive linemen on a Reach Block.

Executed by delivering a hard ripping blow with forearm and shoulder, not allowing the head of blocker to get past the defender.

3. Trap Technique

- a. Used by defensive linemen taking on a block from inside-out when he reads "X" or Trap Blocking.

- b. There are two basic techniques.

- (1) **Spill Technique** - Your initial takeoff of your charge should put your feet in a parallel position at the time you read the blocking combination. Your next step will be a direction step down the L.O. S. and pivoting on the inside foot with body position as low as possible. Now drive into inside shoulder of trapper ready to rip up with your outside arm and shoulder. (Results from inside release of key.)
- (2) **Outside Squeeze Technique** - From the parallel position after takeoff, make a slide step closing as fast as possible from outside-in. Good low body position. Meet trapper with shoulder parallel to L.O.S. with leverage from outside-in. The key to this technique is to close the hole between your original alignment and the down blocker as much as possible. (Results from influence or pull away from ball of key.)

4. Slant

- a. Used by Defensive End or Tackle to go from one position to an inside position on snap of ball.

Explode with penetrating inside lead step, then balance step up field with outside foot. Your key will be the linemen hat you are charging to. Your reaction to read will occur no later than 3rd step.

Never be turned out by linemen that you are lined up on before snap of ball. Keep inside arm and shoulder free. Be sure you charge up field so that the linemen that you are charging to cannot hook you by Reach Block or you cannot be collapsed by any man blocking to the inside. Read and react to key. If key blocks inside, close for trap. If key pulls, get on his tail and follow. If key blocks straight out, react common sense way to man blocking on you. Ends must contain all passes unless your slant is dictated by Linebacker "dog" outside of you. If backs flow away, pursue. Linebacker has reverse.

D. Escape

1. Techniques used after reading blocking combinations, warding off blocker and getting to point of attack.
 - a. **Leverage** - Destroy blocking pattern at point of attack. Use blocker's body to "shrink" point of attack or push off in pursuit as situation dictates.
 - b. **Slide** - Actions used after destroying blocking pattern. Stepping laterally with outside foot when moving outside. Keep feet parallel and use quick gliding steps while controlling blocker and then sprint to point of attack.
 - c. **Wipe** - Normally used versus a down block. Squeeze area from inside-out. Pull the outside arm and rip or swim across the face of the blocker. We must not give ground while wiping off (never at P.O.A.).

- d. **Throw** - Grab blocker and pull him away from point of attack, step and drive for point of attack.
- e. **Arm Lift** - Used versus a down block. Step into the down blocker. Use arm to that side in an upward driving motion under chin or shoulder pads to knock him off balance or throw him off.
- f. **Slip** - Technique used when blocker has gained position and impossible to execute one of your basic escape techniques. The action of going underneath the blocker by using either pushing, arm rip or crossover to get by blocker. Once executed, pursue at a proper angle of pursuit.

E. Pursuit

- 1. After neutralizing blocker and fulfilling your responsibility, locate ball, escape blocker, pursue; chase and make tackle.
 - a. Each lineman is critical on each play. Get to the ball. Never assume the other guy will handle it.
 - b. Angle of pursuit is important. The closer you are to the P.O.A., the flatter your angle of pursuit. The further you are from the P.O.A., the deeper your angle of pursuit.
 - c. Always pursue at deeper angle than the next pursuit man between you and the ball. Never follow your own color.
 - d. **Always keep leverage on the ball.** On plays to your outside, keep ball carrier in front slightly to your outside. On plays to your inside, keep ball carrier in front and slight to your inside.
 - e. As you pursue, keep shoulders parallel to the L.O.S., so you can quickly change direction or break down for tackle.

2. Chase - Contain Man

- a. If flow away, follow ball at a depth so you can make tackle; if ball come to you, think reverse. Search quarterback for Bootleg (G-T Inside Pull), Waggle, Statue, etc. If one of these plays develops, you must turn it back to inside (contain).
- b. If no Reverse, etc., get into pursuit as soon as ball carrier crosses the L.O.S. Must always keep leverage on ball; be alert for the busted play.

F. Tackling

- 1. Tackling is a must of defense. If you can't tackle, you can't play.
- 2. Tackling is 90% desire.
- 3. Tackling is subordinated to getting the ball player on the ground.
- 4. Good tackling techniques require:
 - a. Head up, eyes open, back arched, good base, good breakdown position.
 - b. Get in close (arms length).
 - c. Club arms, get as much of the ball carrier as you can (fingers in the cloth).
 - d. In open field, "Break Down" - get body under control. Must be a sure tackler.
 - e. Use "juggler" tackle on passer. Tackle him from head down. Do not leave your feet. Punish him.

PASS RUSH

PASS RUSH

I. Philosophy

The key to a successful pass rush is your intense desire to get to the Quarterback. An effective pass rush is your most important responsibility. Techniques of pass rush will vary according to each individual's talents, and to the responsibility of the defense called. Few players have the physical ability to master all types of pass rush techniques. Analyze our own physical abilities, then practice and perfect those talents.

It is always considered a great compliment for a defense to lead the League in quarterback traps, especially if the defense also leads in defense against the run.

More important than the number of quarterback traps, though, is putting constant, relentless pressure on the passer; forcing bad throws, forcing him to run, in general, making him lose focus and affecting his timing and effectiveness.

Our goal against the pass is to destroy the passing attack. If, during the process, we set records for quarterback traps or interceptions forced, then we have added "frosting to the cake."

II. Basic Fundamentals

Regardless of the technique used, there are basic fundamentals which are vital in order to be effective.

A. You must have a thorough knowledge of your opponent -- what are his strengths, weaknesses, preferred techniques, any pre-snap tips he may give.

B. Anticipation of pass situations, and quick recognition of pass. (Always know down and distance, score, time, etc.)

C. An explosive and decisive first move -- you must have an explosive jet charge.

D. Have a pre-determined technique in mind.

E. Coordination of hands, feet and head movement.

F. Body Lean -- Keep shoulders ahead of feet. Don't straighten up. Keep legs driving, head up, eyes on Quarterback.

G. If you have not reached the passer, get your hands up as his elbow comes off the ball. Arms up will:

1. Force elevation of the throw.
2. Make him pull it down.
3. Divert his attention.
4. Tip or bat the ball away.
5. Force a scramble.

H. When the pass is thrown, sprint in the direction of the pass, be ready to block for an interception or make an assist.

I. If you are blocked out of your lane, work back through your lane.

J. If you get to the same level as the Quarterback, retrace or counter under. Do not over run the Quarterback.

***Work on strengthening the hands and arms daily. This will make you more effective with your hand grabs, slaps, pulls and throws. Do not become stereotyped in your rush; however, one perfected move with a counter is all you need to go with the change-up you get from various blitzes and stunts. Whatever your physical traits may be, mental toughness, pride and desire to excel have no peer!

III. Driving for the Passer

- A. Squeeze his area of operation; reduce his passing lanes.
- B. Force him closer to another rusher.
- C. Do not give him time for second choice receivers.
- D. Force him out of his throwing area.
- E. Force him to throw on the move.
- F. Force him to run...he is most likely a poor runner and susceptible to injury.
- G. Throw him for a loss.
- H. Cause him to fumble.
- I. Make him jittery getting away from center and throwing quickly.
- J. Make him lose confidence in his protection.

IV. What to Look for in Studying Your Opponent

- A. False step.
- B. Slow shoulder.
- C. Tackles and Guards with extreme stances.
- D. Stance variations in run or pass situations.
 - 1. Weight distribution.
 - 2. Foot alignment.
 - 3. Split.
 - 4. Depth on L.O.S.
- E. Set angles.
- F. Stiff arms.
- G. Poor body balance.
- H. Slow feet.

NOTES ON PASS RUSH

PRE-SNAP

- A. Have a plan (pre-determine your move). Picture what you are going to do when ball is snapped. This will greatly aid your quickness. You should be:
 - 1. Confident
 - 2. Coiled
 - 3. Combustible
 - 4. Concentrating

ON SNAP

- B. Explode on snap! Gain ground on each step. Keep good body angle until you make contact with blocker.
- C. Get hand control of blocker as soon as possible. Break down arm extension.
 - 1. Grad should be vise-like.
 - 2. Butt should be made bull-necked, with simultaneous grabs.
- D. Keep feet moving! Do not lunge.

- E. Stay in lane! May be tipoff for draw - keep pressure on Quarterback balance.
 - 1. Contain rushers, force Quarterback up; inside rushers force Quarterback back.
 - 2. Do not allow Quarterback to step up or roll out.
- F. You have no more than 2.5 seconds! You do not have time for 3 or 4 moves.
- G. Be Undaunted! By a missed grab or butt. Be ready with a counter-move, keep working, get penetration.
- H. Use His Technique Against Him!
 - 1. If blocker is giving ground, use power moves.
 - 2. If blocker is meeting you on line, use finesse moves.
 - 3. Take advantage of anything he gives you.
 - 4. If blocker's set takes away your original move, counter with another move.

V. Basic Pass Rush Moves

- A. Butt - technique whereby the defensive lineman drives his face mask to a point just above the numbers with both hands on the shoulders in a forward driving motion.
- B. Club - technique of using a clubbing motion to the shoulder of the blocker in an attempt to knock blocker off balance.
- C. Jerk - technique whereby the defensive lineman will grab and jerk the blocker. The direction of the jerk is usually determined by the type of pressure or body position of the blocker.
- D. Swim - technique whereby the defensive lineman will bring his backside arm back, over, and down in a swimming motion. The downward action is aggressive in order to break any hold the offensive blocker may have.
- E. Rip - technique whereby the defensive lineman will use his backside arm, fist, and shoulder in a ripping movement upward underneath the armpit and shoulder of the offensive blocker.

- F. Speed - technique whereby the defensive lineman simply tries to outrun the offensive blocker, and at the same time, apply inward pressure.
- G. Power Rush - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers, then explodes with his hand in a driving motion. The angle of the rusher's body is pointed so he is able to overpower the offensive blocker and drive him into the Quarterback's lap. As soon as the defensive lineman reaches a depth of approximately 4 to 5 yards, he must work up and be ready to engulf the Quarterback.
- H. Counter - any action used to get an offensive blocker moving in one direction in order to execute a move in the opposite direction. If the offensive man takes your initial move away, you must quickly counter with a companion move to deep driving to the Quarterback.

VI. Combination Moves

- A. Club and Rip - rusher must get off quick and force blocker to move his feet and turn his shoulders. The rushers' aiming point must be in imaginary shoulder wider than the pressure point. Once rusher gets close enough, he will execute a Club and Rip technique in an attempt to break down the angles of the blocker's shoulders, then explode to the Quarterback. This is a basic move for all defensive linemen.
- B. Club and Swim - same as the Club and Rip, except rusher will use Swim technique in place of Rip.
- C. Butt and Rip - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing both shoulder points. The rusher will drive forward working blocker up and back in an attempt to overpower him. Once the rusher has the blocker off balance, he will Rip and explode to Quarterback.
- D. Butt, Jerk and Rip - same as Butt and Rip, except after the Butt, the rusher will Jerk and Rip the blocker at the same instance, then explode to the Quarterback.

- E. Butt and Swim - same as the Butt and Rip, except the rusher will Swim after the Butt.
- F. Butt, Jerk and Swim - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing the shoulder points.
The rusher will **drive forward** working the blocker up and back in an **attempt** to overpower him. Once the rusher has the blocker off balance, he will Jerk and Swim the blocker at the same instance, then explode to the Quarterback.
- G. Hand Slap, Rip or Swim - a fast outside charge to the outside shoulder offensive lineman, trying to beat him before he can get to his set point. Slap or Club down on blocker's hands or forearm. As soon as contact is made with the Slap, execute an underarm Rip or Swim. Lean in and pressure the Quarterback. If offensive lineman turns and runs with your momentarily, Rip and drive for the Quarterback.
- H. Counter - Club and Swim - the rusher should attack an imaginary shoulder forcing the blocker to move in that direction. As soon as the blocker is moving that direction, the rusher should Club him with the backside arm, and upon contact, bring the opposite arm back and over in a swimming motion, then explode to the Quarterback.

VII. Rush Lanes

- A. Ends - your normal and most frequently used rush lanes will be outside the offensive tackle when the Quarterback passes from the pocket. In certain situations and against Quarterbacks who are not a running (scramble) threat, this rush lane will be ignored as an added advantage in rushing the passer. If we are in a blitz, and you have contain, use only outside rush lane. When blitzing inside, **STAY IN YOUR LANE!!**

- B. Tackles - Your rush lanes are less restricted. Normally, you may rush inside or outside the guard when the Quarterback passes from the pocket. Recognize, however, that your desired rush lane is outside the guard as this rush lane has the effect of minimizing any blocking help from the center and forces any Quarterback to scramble inside. An inside rush lane will expose you to the task of beating the center as well as the guard. Strive to get at least six (6) yards' penetration. BLITZES, stay in lane! Leaving your lane may interfere with rush of teammate and also leaves an unprotected run gap. Certain frontal spacing will isolate one of the tackles on the guard, and permit him to exercise either inside or outside rush lane. Be aware of these spacing.

Versus sprint or roll type passes, cross the face of the blocker and pressure the passer from the inside-out.

VIII. Quick Reminders for Rush Men

- A. "False" Moves that get Blocker to Move
1. False step.
 2. Head fake.
 3. Forearm fake.
 4. Butt fake.
 5. Hand fake blow.
- B. Pass Rush Responsibilities for Linemen
1. Get rid of blocker quickly (do not play with blocker).
 2. Stay in pass lanes.
 3. Get penetration - hurry pass.
 4. If assignment is to (contain) - do so - drive for up field shoulder of Quarterback.
 5. Pressure rushers - get hands up - do not jump, drive for Quarterback and strip him.
- C. Requirements of a Good Pass Rusher
1. Quick feet.
 2. Strong upper body (arms and shoulders)
 3. Concentrate on techniques.
 4. Be aggressive.
 5. Know and study opponent.

6. Know down and distance at all times.

Special Note: React to Screen pass; this is a hustle play. When you, as a rusher, feel the pass blocker letting you go, you should react to his release and sprint for the Screen pass. Normally on the Screen passes, the offensive linemen block you for two (2) counts and then let you go.

Note: Ends - if an offensive tackle cuts you on his pass protection, it is a screen pass and you should react accordingly. On the Quick Screen, the offensive linemen will hit and go, and defensive linemen should react immediately and go for Screen. On Draws, it is very important that each rusher be in his lane, where you read Draw, plant, grab cloth and retrace your steps.

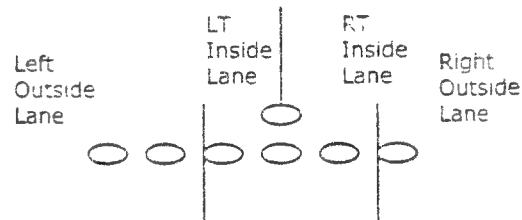
IX. Defensive Line Pre-Snap Reads

- A. Check Center's free hand on run or pass.
- B. Check line splits for : (do they change for)
 1. Run
 2. Pass
 3. Certain block schemes
- C. Check alignment tip-offs
 1. Weight distribution/body lean
 2. Foot alignment/wiggle
 3. Depth on the L.O.S.
 4. Shoulders and tail
 5. Angle of hand on ground
 6. Where is free hand
 7. Pre-set
 8. Eyes
 9. Listen to calls
- D. Listen and check backfield sets, tip for certain plays: "I", Split, Far, 1-Back, etc.
- E. Know down and distance tendencies from Scouting Report.

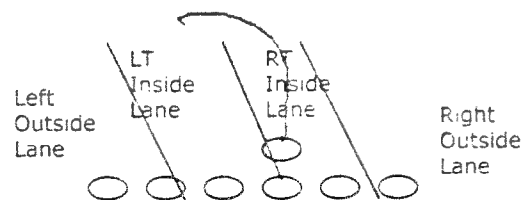
**** Communicate along the L.O.S.**

DEFENSIVE PASS RUSH LANES

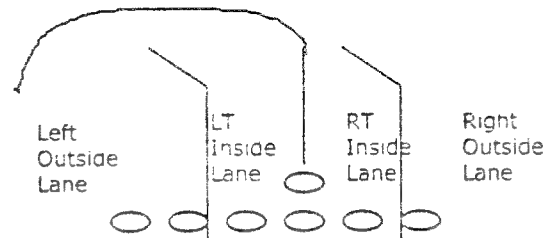
(VS) DROP BACK: 3 STEP, 5 STEP, 7 STEP



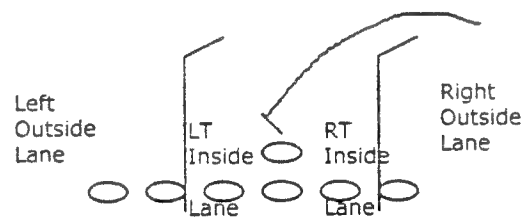
(VS) SPRINT OUT



(VS) DROP ROLL (DASH)



(VS) WAGGLE/BOOTLEG



NOTE: It is very important that each defensive lineman understands his rush lane responsibility and how it may change with the (1) type of protections, (2) type of offensive play, (3) any possible rush game.



XXI . LINEBACKER TECHNIQUES
AND RESPONSIBILITIES

STANDARDS AND ACCEPTED PERFORMANCE

A. Your role within the Team Concept:

1. Football is a team game ... be a team player. You must be willing to make sacrifices to help the team. In doing so, you are ultimately helping yourself.
2. Approach each phase with a positive attitude. Attitudes are contagious. A positive attitude will help the team win.
3. Every player on the team has a role to play. As the season goes along, your role becomes clearer. It is your job to do everything mentally and physically to be successful within your role and the team concept.
4. Applaud the accomplishments of your teammates.
5. Each drill and practice is designed to **help you** improve. Practice with a purpose. There is a definite correlation between the way you practice and the way you perform on Sundays. Practice at top speed.
6. Always look for ways to improve yourself.
7. You must make a commitment to all areas: practice, weight room, film study, meetings, off-season conditioning, as well as games.
8. Ask yourself:
 - Am I committed?
 - Am I sincere?
 - Can I be trusted?

NOTES

- L. The linebacker will be required to learn and perfect Back Flow and Blocking Scheme *reads in order to successfully defend against the Run. These techniques must be learned versus four Backfield Actions: Flow to; Flow Away; Split Flow and Counter Action.

- A. **Flow To:** React to backfield action and step up through your proper gap control, depending on front.
- B. **Flow Away:** React to backfield action and step up through your proper gap control depending on front - Linebacker away from the flow check your proper gap and then pursue.
- C. **Split Flow:** Shuffle and find the *football. Then pursue to proper gap.
- D. **Counter Action:** Start to proper gap on initial action. Then REDIRECT to counter side. *Mike play underneath ALL blocks on counter action.

*Sam and Will--You must be ready to scrape OUTSIDE with a FULLBACK STUNT in any front

LINEBACKER PLAY

Our defense is a gap control defense with the Linebackers **READING THE BACKS** and being gap flow players on action. It is essential that the Linebackers are able to read and react to the various back paths and then attack the proper gaps. This must be accomplished in order for us to be the best defense we can be.

The fundamentals of Linebacker play will be taught in a progressive manner that will be constant throughout the season:

- Stance and alignment
- Backfield keys
- Proper read and reaction
- Attack the proper gap
- Pursue
- Tackle

LINEBACKER PLAY

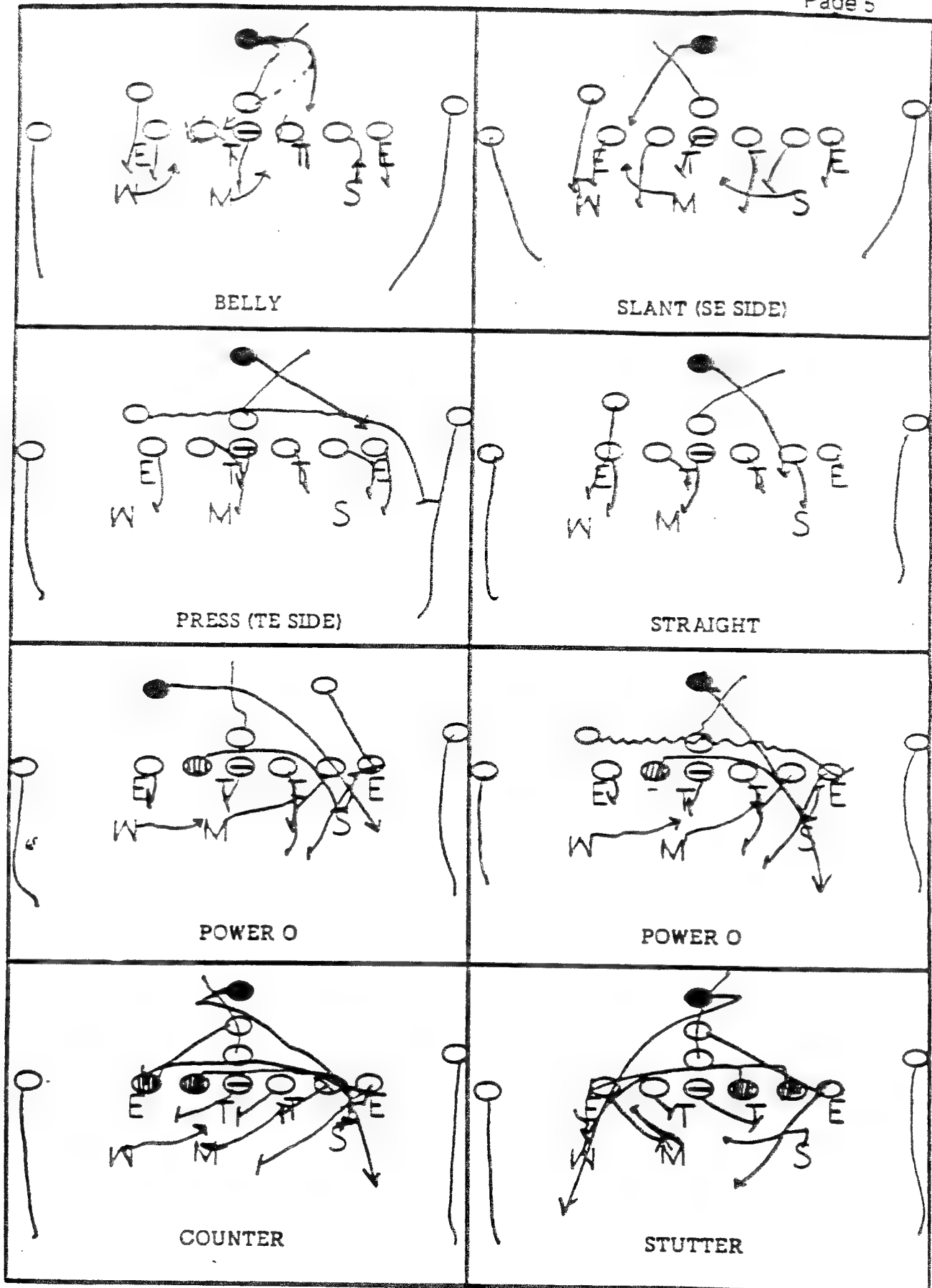
The success of any defense depends on the effectiveness of the linebackers in performing their responsibilities. A linebacker, by correct keying, must make a split second decision on every play to determine run or pass. On a running play, a linebacker must be tough, strong and immovable as a defensive lineman, controlling his area and fast and reckless in his pursuit if the play is directed elsewhere. On a pass play, a linebacker must be agile and fast in getting depth to prevent medium patterns; quick in reacting up on short patterns. A linebacker must drill long and hard in perfecting techniques with the defensive line and the defensive backs, as he is the link that must mold the two into a successful unit.

LINEBACKERS RUN RESPONSIBILITY

- A. Stance (4-1/2 yards deep)
 - 1. Feet comfortably spread, with a slight bend in knees.
 - 2. Shoulders in front of feet. Flex at knees and hips
 - 3. Weight evenly distributed over balls of feet.
 - 4. Shoulders parallel to the L.O.S.
 - 5. Arms hang straight down.

PATH READS

Page 5



INDIVIDUAL PASS COVERAGE'S

I. General Techniques for both man for man and zone coverage

A. Three techniques that are common for both M-M and Zone Coverage.

1. Stance and Alignment

a. Coaching Points

- (1) May deepen or widen on sure pass downs to gain an advantage. (Do not tip coverage).
- (2) If you are faking a blitz be sure we are in zone coverage. The QB could audible to something that would hurt M-M coverage.

2. Key

a. Coaching Points

- (1) Keys differ in M-M and zone coverage. And the initial key for the Linebacker is your run defense key. So, your ability to quickly shift from your run key to your pass key is very important and has much to do with determining your effectiveness as a pass defender.
- (2) Recognizing formations is an aid in locating your pass key.

3. Drop

a. Coaching Points

- (1) Your drop in M-M may differ from zone coverage as far as depth and angle of drop is concerned.
 - (a) As a general rule, in M-M coverage you will drop only as far as necessary to pick up your man, or attack your man from Inside-Out to stop an Option Route.
 - (b) In zone coverage you will drop to an area of the field (based on sideline and width of the wide receiver).
- (2) The main point is that you must get off the L.O.S. when you recognize pass.
- (3) Keep your eyes on the quarterback for your key until you are sure it is not a Draw or quick pass.
- (4) It is permissible to turn and run initially when dropping .. chuck a Wide Receiver.

II. General Techniques for man for man coverage

A. Four techniques that must be mastered in M-M Coverage.

1. Concentration - On the receiver's numbers

- (a) This is 75% of M-M Coverage. Most men are lost because the Linebacker sneaks a look at the Quarterback and the Receiver runs away from him. (In Trail technique, concentrate on the small of his back.)
- (b) Ignore everything but the Receiver. This is especially true if you are beat deep.

2. Position - Strive to gain a position two yards deep and one yard inside (or outside) the Receiver when he is to make his final cut. (This cut usually comes from 4-6 yards across the L.O.S.) Get a Jam whenever possible within 5 yards of the L.O.S.

a. Coaching points.

- (1) Never let the Receiver gain a head-up position with you. He can now go either way on you. Get a Jam whenever possible within 5 yards.
- (2) By motoring, you can maintain position. If you get turned (one foot deeper than the other) the Receiver can cut away from you. Forward body lean helps also (chin over the toes).
- (3) A good position is to be four yards deep as a Back crosses the L.O.S. You should be motoring and have your inside or outside position at this point. This is to be used only if you are unable to get a Jam within 5 yards because of release path.
- (4) You may also use a Pressure Rush Technique to cover your Back. Attack the Back from Inside-Out--do not allow a big separation to occur after initial collision. It is beneficial to jam a Back from Inside-Out rather than give him a two-way cut (Option Route).

3. Drive - Close on the Receiver when he makes his cut.

a. Coaching Points.

- (1) Be in position so that if the Receiver changes direction, he must run into you.
- (2) Drive for the far shoulder of the receiver.
- (3) Keep your back arm behind the receiver. This is the arm nearest the receiver's direction. Knock down the pass with the other hand. This helps prevent pass interference and also enables you to strip the receiver if he catches the ball.
- (4) If a receiver gets behind you, 90% of the time he will have to slow up to catch the ball. By concentrating and continuing to drive (not looking for the ball, but watching the hands of the receiver) you have a good chance to break up the pass. If you look back to the Quarterback, the receiver will run away from you.

III. General Techniques for Zone Coverage

A. In Zone Coverage there are Four Techniques that must be mastered.

1. **Drop** - To the area to be covered, crossing over but keying the Quarterback.

a. Coaching Points

- (1) The angle of the drop depends on the width to be covered. The wider you have to cover, the flatter your angle will be to the L.O.S.
- (2) Continue to drop until you reach your assigned area, or the Quarterback sets to throw. Areas may shift as Patterns develop and Pattern Pressure changes.
- (3) You must be aware of Patterns as they develop. By game-plan and film study, you must learn to recognize coordinated routes by Receivers and their development.

Example: #1 goes out then #2 is coming in or the Back swinging complimenting an occurring pattern downfield.

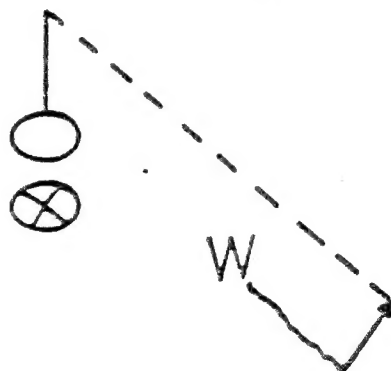
3. **Reaction** - Move at the proper angle to break up the pass.

a. Coaching Points

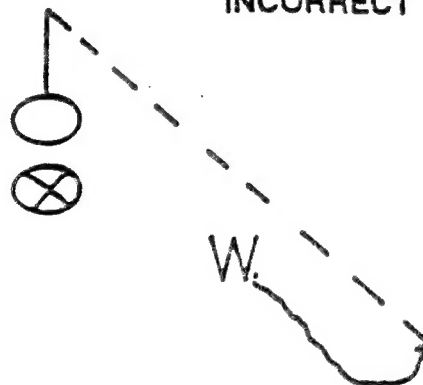
- (1) Do not "round" your reaction, but drive squarely to the interception point. React sharply and quickly.
- (2) Must be in a "good" football position to get maximum reaction. Stay off of your heels and bend the knees.

- (3) Should be able to react seven yards in any direction. (This will "blanket" the field with four men covering the short areas.)

CORRECT



INCORRECT



4. **Ball** - Always intercept at the highest point. Attack the ball.

a. Coaching Points

- (1) If you wait for the ball, the receiver has a chance to drive in front of you and either catch the ball or bat it away from you.
- (2) As in M-M, keep your back arm behind the receiver when exploding through him.

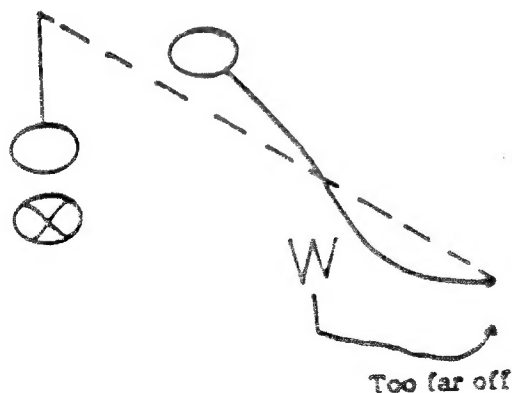
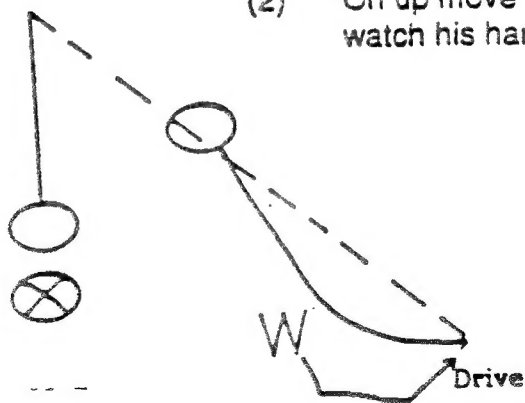
IV. Specific Techniques for Man to Man Coverage

A. Outside Linebackers

1. Man to Man when back is in backfield.

a. Coaching Points

- (1) On flare route - Hug.
- (2) On up move - concentrate more on receiver. Run with him and watch his hands.



- (3) On the flat pattern - drive toward receiver, do not stay too far off.
 - (4) Remember all of your pursuit is inside.
- 2. Man to Man Blitz Coverage - When we are blitzing use tight M-M Coverage.
 - a. Coaching Points.
 - (1) Move flatter along L.O.S. on outside routes. Snug up on receiver. Jam Receiver from Inside-Out.
 - (2) Do not hover on a route of any back.
 - (3) You will not have quick pursuit as in standard defenses.

V. Specific Techniques for Zone Coverage

A. Outside Linebackers

- 1. Curl to flat area 8-10 yards deep, halfway between hash mark and sideline. Listen for Chico or Cut Split call. Re-route at seven yards.
 - a. May turn and run to get width to sideline. Key Quarterback first, then turn and run. Square when Quarterback sets. Look to Quarterback first for draw or quick pass. Be aware of complementary Routes as they develop and pattern pressure.
 - b. Face the Quarterback when he sets. The quicker you get under control, the better reaction you'll get on the ball.
 - c. Be in position to drive at a sharp angle on the ball.
 - d. On flare or flat routes be conscious of turn-in by Wide Receiver, or other complementary Routes.
 - e. Attack screens from outside-in. Contain. Attack blockers do NOT wait.

2. Curl - Inside area 10-12 yards deep.

- a. Force tight ends outside on initial drop. Look to re-route at 10 yards.
- b. Be alert for crossing routes. Talk to each other as receivers pass through your areas. Be aware of pattern pressure and complimentary routes.
- c. Attack screens from inside-out with reckless abandon. Do NOT wait.
- d. If #2 Receiver goes out, look for #1 coming in.
- e. When the ball is in the air intercept it at the highest point.

B. Middle Linebackers.

1. Hook - Inside Area 10-12 Yards Deep.

- a. Initial drop is for the turn-in position of inside receivers or circle of back. Look to re-route at 10 yards.
- b. Drop and key the Quarterback when you gain momentum. Squat when Quarterback sets up. Be aware of pattern pressure as it develops.
- c. Face the Quarterback and be in position to drive laterally on the ball. You should be able to cover seven yards either side of you.
- d. Be alert for crossing patterns. Talk to each other as receivers cross through your area.
- e. Initial alignment of Y end affects your drop. The tighter Y is, the less width you need.
- f. Attack screens from inside-out with reckless abandon. Do NOT wait.
- g. Intercept the ball at its highest point.